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USGF GYMNASTICS

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Why They Are Better pg. 7



Austrians in London pg. 23



Women's Elite Program Report pg. 34

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United States Gymnastics Federation

MEMBERS: Amateur Athletic Union, American Sokol Organization, American Turners, Association for Intercollegiate Athletics for Women, National Association for Girls and Women Sports, National Association of College Gymnastics Coaches, National Association of Collegiate Gymnastics Coaches/Women, National Association of Intercollegiate Athletics, National Association of Women Gymnastics Judges, National Collegiate Athletic Association, National Federation of State/High School Associations, National Gymnastics Judges Association, National High School Gymnastics Coaches Association, National Jewish Welfare Board, National Junior College Athletic Association, United States Association of Independent Gymnastics Clubs, United States Gymnastics Safety Association, Young Men's Christian Association.

ON THE COVER:

Colorado Springs artist and gymnastics coach Dave Black (noted for his original sports art) highlights Rhythmic Gymnastics to commemorate the addition of the sport as an Olympic event starting in 1984.





Photos courtesy USGF

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ATHLETE REPRESENTATIVES INVOLVEMENT IN USGF MANAGEMENT

Recently through a mandate of the United States Olympic Committee the USGF Board of Directors has added a group of athlete representatives. These representatives are athletes equally representing the men's and women's sports of the sport who have been competitors on national teams within the last ten years. The group of athletes has already participated in one Board of Directors meeting and I must say have added a breath of fresh air to the proceedings. It is very refreshing to hear the viewpoints of those who have so recently participated in competitive gymnastics and the insights they have to offer, often times clearly the issues which are being debated at the board meeting.

The mandate from the United States Olympic Committee was to include twenty percent of all boards of all national sport governing bodies as athletes. The procedure that we followed in the USGF office was to hold an election of these board members by these persons—all of the athletes had participated on their national teams within the last decade. In instances of selection, we felt there could be no manipulation or personnel onto the board by any person or persons with vested interest. The representatives on the board clearly are representatives of the athletes and are making every effort to open lines of ongoing communication with the athlete's community.

The athletes have now, since taking their place on the board, become involved in other committees of the USGF Board of Directors. The Executive Committee of the USGF now has one athlete representative to do the men's and women's foreign relations committees. Again, the athletes viewpoint has been very helpful and I am sure will continue to be.

We, in the USGF, need input from the athletes and we need it as much as they need it. The athletes can make their feelings known. The athlete representatives have provided us with this avenue and are very effective in making the wishes and needs of the athletes known. At the present time, the athlete representatives to the USGF Board of Directors are as follows: Neil Scott Coates, member of 1980 Olympic Team; Mr. Peter Karsuna, member of 1976 Olympic Team; Mr. Wayne Young, member of 1976 Olympic Team; Mrs. Kathy Johnson, member 1980 Olympic Team; Mrs. Linda McNeill, member 1972 Olympic Team; Mrs. Nancy Thies, member 1972 Olympic Team; and Mrs. Lisa Cavestro, member 1977 World Cup Team. These athletes comprise twenty percent of the USGF Board at this time.

The following statements on the role of the athlete representatives to the USGF was prepared by Peter Karsuna for presentation to the Gymnastics Community. As a whole, the USGF Office encourages athletes to communicate with the representatives should they feel the need to do. The statement is as follows:

NEW USGF CONSTITUTION BY-LAW

In November, 1980, a new by-law was added to the USGF Constitution concerning athlete's rights. It reads:

Athlete's Rights

The United States Gymnastics Federation will provide any athlete who may believe he or she has been denied an opportunity to compete for reasons other than those ruled by the National Office for reasons of poor performance with a properly conducted hearing. Normal procedures are as follows:



- (1) Athlete is notified of hearing suspension or denial of opportunity to compete at a given event or season. This notification must be in writing and should be sent to the athlete via registered mail. Notification shall provide the athlete with reasons for such action and indicate the USGF Committee which took that action as well as the member's names who comprise that USGF Committee.
- (2) Athlete must then write the USGF National Office to request a hearing if he or she feels the action is unjust or unfair. If the hearing is before the appropriate USGF Foreign Relations Committee fails to study the athlete, he or she may ask that the issue be brought before the USGF Executive Committee for appeal. As a final area of appeal, the athlete may ask that the USGF Board of Directors consider the matter.

The Athlete's Association is one of the many organizations represented on the USGF Board of Directors. This association, which all USGF athletes are members, has the right to be represented by not less than 20% of voting strength of the USGF Board of Directors. The Athlete's Association is therefore represented by 7 voting members, and one member of the USGF Executive Committee.

Bert Coates
2325 Westwood Dr
Norman Oklahoma 73069
(405) 325-1739

Brend Semmons
632 Morrow
Aurora IL 60005

Wayne Young
Coastal Coach
B Y U
Provo, Utah 84601
(801) 378-4911

Nancy Thies
2570 Chateau
Springfield, Or 97477
(503) 746-8367

It is the responsibility of these 7 athlete representatives to reflect the viewpoints of the USGF athletes to the rest of the Board of Directors. If an issue or topic should arise concerning an athlete's rights, as a policy decision with reference to an athlete, contacting one of these seven representatives would be the avenue for an athlete to follow.

The Foreign Relations Committee (FRC) is a standing committee established by the USGF. There is both one male and one female on FRC. These committees work closely with the USGF Executive Director, Roger

Peter Karsuna (Executive Committee)
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SPECIAL ANNOUNCEMENT

Effective, Monday, February 2, all activities of the USGF Membership Program will be conducted at:

USGF/Membership Program
c/o Bayly, Martin & Fay/San Antonio
P.O. Box 17800
San Antonio, Texas 78217
Telephone: 1-800-531-7205
1-800-531-7224
1-800-292-5721 (Texas only)

All records and functions of the Tucson office have been transferred to our above San Antonio office.

Cheryl Grace New Director

It was announced today that Ms. Cheryl Grace has accepted the directorship of the USGF Membership Program.

Ms. Grace brings to her new position a wealth of experience in the gymnastic field. She obtained her masters degree from The University of San Francisco and is presently national chairman of Judges Training for the USGF. She is also a member of the Executive Board of the Womens Committee and a member of the Womens Technical Committee. She holds a FIG national rating in gymnastics.

Ms. Grace succeeds Mr. Sam Baile who is pursuing personal business interests. Mr. Baile will continue as a gymnastics consultant to Bayly, Martin & Fay.

Ms. Grace can be contacted at:

USGF/Membership Program
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Guest Opinion:

Why They Are Better...



Photo by Tom Kahan

Zhang Zhen Chen

by Dan Peters

In the U.S.A., the Olympic team held on October 21st in Beijing; our women's team fared pretty well. We lost by 2.4 points and 1.7 of those points were lost on vault (an event that we lost the Chinese on earlier this year in Hartford). This was due to our team's problems in adjusting to a routine-based. Pled this problem did not occurred the next would have been very close and quite possibly we could have won. We had only one major break on bars and only one fall from the beam. Sounds like we're almost on a par with the Chinese — doesn't it? Well, it'll not delude you: we are not on a par with the Chinese. In fact, they are much better than we are right now, and three years from now they will have left us far behind to win the Russians, East Germans and Romanians unless we make some serious changes in our program now.

When you watch our girls here at home, they look pretty good. When you see them in the same training gym with the Chinese, you immediately see that we have one very obvious weakness: execution. We do not stick hard enough for perfection with each individual element of our girls' routines. We have made difficulty a higher priority in our training systems and as a result we are not spending the time to perfect each movement, and it shows itself in the form of sloppy, unstable routines. Those coaches who have tried to emphasize execution with their

gymnasts find these efforts thwarted by a judging system that places a higher emphasis on difficulty and fails to deduct for many execution errors that our gymnasts make. Many of these coaches have given up and jumped on the difficulty bandwagon and mark my word: our national teams will suffer for it in the years to come.

I predict that if nothing is done about this problem we will not place higher than sixth in Mexico City. It will not be because the international judges will deduct more severely than our judges, because they will not. They use the same scoring system. We will lose to the Russians, the Romanians, the Chinese, the East Germans, and the Hungarians because we will not "fit" as well and at least two of our best gymnasts will be injured at the time of the competition!

In recent years (since the push for greater difficulty started) we have always had at least one key injuries on our team at every major competition. In East World, our best gymnast missed the competition completely and still dropped out after compulsory, and three others competed with painful injuries. You know the result. This year our dual meet with China was scheduled on months in advance and all the girls trained very hard for this meet. Two out of four were injured the next day to injury and one did watered down routines because she was recovering from a recent injury that occurred last

month's earlier. Our national team has an almost injury rate that exceeds our finished present (counting only injuries that interrupt training for three weeks or more).

These injuries often occur because we do not train our gymnasts well enough on basics and we allow them to compete with movements that are as much as 100% material of these. Many times they have no reserve, without dangerous skill. There is no margin for error to protect them if they are having a bad day. We shouldn't allow a gymnast to do a skill unless she does it so well that if she does a "bad" one she can still make it.

We have got to ease the pressure for more difficulty and focus our gymnasts to execute better by improving their basics. I am not suggesting that we change the rules. The rules are fine. I am suggesting that we strictly apply the execution deductions so that sloppy work does not get rewarded. Our girls have to be shown through their scores the most meaningful way that we have available to us, that a low double back loses 4 points if they make it, and if they have to "contort" they lose 3, and if they have arms I pointed on every back they lose 1 each time, etc. Then, and only then, will we effect a meaningful change towards better execution in the individual programs throughout our country.

I hope that I don't sound like I think difficulty is not important, or that I think execution is more important than difficulty. I do not. Both are equally important to a better team score. I do, however, think a greater emphasis on execution will, in the long run, result in both better execution and great difficulty. Here is why. In order to execute better you have to improve your basics. And better basics allow for more difficulty.

Take the following example: Presently, none of the girls on the national team can do a full-on on floor. I am sure most of them can do the movement on a trampoline or on a tumbling mat, so it's not the skill that is holding them back. This can't be because they don't practice well enough. Their round-off dismounts aren't strong enough. If our judges required high double backs with legs together and

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Wang Ping Chen

Photo by Mark Aronson



USA & China gymnastics teams prior to competition.
photo by Alan Crossfield

Chief de Mission:	Frank Condit
Men's Team:	Matt Amos, Phil Cohen, Bart Conner, Dennis Hayden
	Wayne Walker and Kevin Pustly
Men's Coaches:	Alie Crossfield and Max Wainzobe
Men's Judges:	George DeJong and Mike Mahabian
Women's Team:	Marcus Fredrick, Kelly Gannon, Beth Klue, Amy Koogman, Julianne McManus, Tracy Talavera and Lisa Ziss
Women's Coaches:	Don Peters and Kathy G. Tibbitts
Women's Judges:	Linda Chermak and Sharon Valley
Trainer:	Jack Buckner

Men's Report By Alie Crossfield

Our group assembled in San Francisco where Sadao Hamada and Jackie Walker brought the team to Stanford University for a workout. Sadao and Jackie were wonderful hosts and made our layover pleasant. We left San Francisco on November 13 and after 30 hours of traveling arrived in Peking on November 15. After stops in Honolulu, Guam, Manila, Kwangchow (Canton) and finally Peking, the Earth seemed small, not to mention that it seemed to me like World War II seemed.

In Peking we stayed at the Evergreen Hotel and had three interpreters — Mr. Chen, Miss Chen and Miss Chou — as guides. Mr. Chen (son of the Peking Gymnastics Association of China) was constantly with us, and provided for much help concerning us about the competition format and the Chinese gymnastics program. Mr. Chen was most cooperative and pleasant.

Being in Peking three days before the competition enabled us to get well acquainted to the apparatus and environment at the site of the competition — Walker's Arena. The floor mats on area contained coiled springs which gave good spring, but the top mat seemed hard to our gymnasts. The top

REPORT TO CHINA

NOVEMBER 13-24, 1980

carpet shrank its material so some competitors felt the floor with bits of given pile on their legs, backs or feet. Inside for a good length. The leg pads and rings had to be covered — with readily available wood blocks under the weights — to accommodate Phil Cohen, the tallest gymnast. The Chinese did what they could to please us. The parallel bars, pommel horse and vaulting horse were fine. The vaulting board was a steel wooden rubber-type board which had considerably less spring than our "super" boards but presented no real problem to our gymnasts. No top mat was placed on the fixed pommel horse mat which left the metal base extensions exposed. Fortunately, no one landed on the metal extensions. The rings hung from new unseen leather straps, which we taped together just above the rings. During workouts and competition warnings, a three inch felt rubber mat was provided to cushion hand landings. Our gymnasts said that they were "right through" these soft mats, therefore, they provided little extra protection.

The Chinese requested to have the competition only for individuals and not a team score. They were concerned about the potential animosity that could arise from losing. We assured them that if we lost, we would still be friends.

The Chinese had the men's competition set up so there would be two groups. Each group would be composed of six gymnasts, three from each team. However, the format was changed to put four men on group since there were only seven gymnasts competing all-around. Four other gymnasts split their events, and were the put two all-around men. In other words, Matt Amos competed on PH, B, PB and HS, while Bart Conner took part on PE and vaulting. To not take unfair advantage, the Chinese had two of their gymnasts work these events each. It was agreed upon to split the four out of five highest scores per event for the team score. As it turned out, we had to

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withdrew Dennis Hayden from the competition just prior to the competition. Therefore, all four scores on each event would count for us, while the Chinese had the extra fifth score.

The day before the meet Dennis Hayden hurt his shoulder while tumbling. Since Dennis could not do even a roundoff without pain and prior to the meet and at the advice of our trainer Jack MacNeil, Dennis was unable to meet.

Before the main competition began, we were asked to select three of our gymnasts for each event for the finals. In other words, the finalists were not based upon the preliminary performance.

The Wagner Arena seemed to seat about 10,000 people, which was about one-third filled for the first day of competition. A stadium full for the finals, NBC, taped the event with Ray and me as the main commentators.



Tong Pei: With underlegs, high start to handstand, immediate drop through, shoot to one foot pike, hop pommel, 1 pike, 2 foot one pike, 1 foot one pike, shoot to fluterie, reverse backfl, swing forward hop to undergrip, flip from pike, pommel, pike to saddle shoot, 2 pike, double tumbling, double som dismount.



Photo by John Grosz

Stretching exercises with the hospitable Chinese

Zhou Li Wang: (10) Still hang with undergrip, lift down to bar, drop legs and whip into high cart, with 2 turn, swing up high in front, change and backshoot, immediate front pommel, 1 pike, 1 cart (pommel to under), 1 pike to a Chinese flipaway, 2 foot catch with legs together, flip change, front pike, pommel, shoot, saddle, flip, back shoot, 10 pike to jump (legs were cadd), flip change, good drop through circle shoot, inverted pike, hop pommel, 2 pike full twisting double fluterie, (30 year old).

The final team score was: China 328.74, USA 322.95. We performed admirably in light of the fact that we only had one Chinese team member and a junior team member, while the Chinese had at least three of their top six gymnasts competing. Phil Cohen's performance was outstanding in tying for first in two events (H and PB) and placing second in PH and HB. He was also our top All Around member with a 54.45.

The days following the competition we visited the Peking Pivotal Culture Institute (founded in 1983) and spent two weekend sessions with the Chinese going over compulsory competitions and techniques. We also talked about our national programs. It seems that their young gymnasts (the 10-year-old compulsory pike) and do not compete them during the next age group, 10 to 12 years. They can do optional and compete. They believe that born start as young as 5 years old but usually start at like 7 years old. After regular academic school, young gymnasts practice at a special "gymnastic school" from about 10 to 19 years. Peking has about ten such a status schools. Youngsters showing ability are selected to their Provincial team which consists of 10 to 15 gymnasts. A male at any age may make their National team. There is no private national team — only a national team. The Chinese said that they have more top 14 and 15 year old male gymnasts.

The lecture 1 gym had all the apparatus for men and women and even a portable overhead spotting bar on an A-frame. There were not any pits at very thick mats. However, their quantity of ropes, pommel, bars and related gymnastics certainly indicate the use of these training aids in their good training centers. We did not see them. The Chinese implied that there is no scientific research in gymnastics. From talking to them, their national program does not seem too unusual or special, yet their gymnasts are very special. We can see that they work hard and are among the world's best. Their techniques, difficulty and gymnastics certainly indicates that they are doing things right. I might add that the Chinese were most interested in the scientific research that we might do. They did indicate that their coaches do serve a two or three month internship periodically.

As for non-gymnastic activities, we shopped regularly at the Forbidden City and local shops, had a banquet with dignitaries at the Peking Duck Restaurant, visited the Forbidden City, the Summer Palace where we met Kathy Rogers, and the only more made occasion that can be seen from the inside — the Great Wall.

The Chinese are the individuals and warmest people that I have encountered in 18 years of traveling throughout many countries. My only regret was that we did not see more of their gymnastics programs. ■

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CHINA DIARY

by Don Peters

10/10/88 Depart from LAX with Beth Kline and George Brinkman. Arrive in San Francisco and are met by Jackie Walker and husband along with Tracie and Julianne and are transported to Stanford U. for workout. Other girls arrive 2 hours later. Maria does not arrive, seems that she read her letter wrong and missed her flight in New York. Jacki makes arrangements for her to take a later flight and meet us in Peking. All the girls look good in workout. No major problems.

9:00 P.M. depart San Francisco on Pan-Am flight to Manila with stopovers in Hawaii and Guam.

10/14/88 This day did not happen!

10/15/88 Arrive in Manila. Very hot, and we lose an element for the cold weather in Peking. Frank books four hotel rooms and we still take time taking much needed showers.

Depart Manila on Philippine Airlines to Canton and Peking. Arrive Peking 9:00 P.M. and are taken to the Evergreen Hotel and checked in. Everyone is exhausted and goes straight to bed.

10/16/88 Breakfast at 8:30. American style — eggs, sausage, meat, etc. Meeting at 9:30 with Chinese officials to decide latest format. Meet to be done with two squads (2 USA and 2 Chinese in each squad). Seemed fine, so we agreed.

1:00 Light workout. Apparatus very good! Bars excellent, the best I've ever seen. Batsen also good. New Chinese spring floor. Harder than AAU but good spring. Vault boards very low and are very springy. Cork had much difficulty.

4:00 Depart for Peking Duck Restaurant for welcome banquet. Served "Peking Duck" ate everything but the feathers. Linda and Kelly got sick on each other afterwards. Maybe they don't like duck!

10/17/88 7:30 A.M. Awake to sounds of training feet in courtyard. Students and teachers doing morning P.L. Take cold shower into hot water of this house. Later in the morning they turn the beds out.

8:00 Stimulated American style. No one is better enough to try a Chinese layout!

9:00 Visit the Forbidden City. More impressive palaces of the Emperors of the Ming and Qing dynasties. Built in 1400 A.D. Outstanding art objects. Was especially impressed with jade carvings.

1:00 Training at the arena with the men's team. Bars and beams were well. Vault — young girls still having problems in its board. Maria is fine. Julianne is doing better but still not the piked layout. We will do back 1/2 instead. 1/2 — did decent through routines with layouts for handstand. Maria and Kelly also landed. Kelly and Amy still having some problems adjusting to the floor.

10/18/88 8:30 Breakfast

9:00 Coaches and Officials were shopping at the French Leg. Size. Very good bags and art works, jewelry, cloisonné, jade etc. Gymnasts stayed at hotel to rest.

1:00 Training at arena.

Batsen — light workout. I only required one routine.

Maria — Evergreen looks good, but Kelly is having some problems with her panch from mount off of the rubber board. She's having about 1/2 but she's very experienced with it so I think that we'll give it a try. We've decided to take out Amy's panch and have her do back tuck. Maria's new dismount (double pike) looks good.

Home — Amy and Kelly still having landing problems. We've decided to take out the second double back in Kelly's routine and to do double tuck instead of double pike in the first run.

Vault — Saved this event for last so as not to upset the rest of the workout. Things went badly again. Julianne and Maria are getting better each day. Amy is also improving, but I don't think that the tuck full is possible. We will have to go with piked tuck. Kelly will be OK with tuck tuck. Lisa had a handstand front and landed in a deep squat and injured her patella. Not



1988 CHINA DELEGATION: (l. to r.) Front Row—Julianne McNamara, Beth Kline, Tracie Takara, Lisa Ross, Amy Reed, Maria Frederik, Beth Gosschalk, Lisa Ross, Mary McManis, Don Peters, Kelly Gosschalk, Wendy Miller, Dennis Hayden, Phil Calvey, Matt Brown, Kathy Tibbitts, Sharon Valby, Linda Chernuski, George Brinkman.

Photo by John Brown/USA

sure how serious, may be a problem sometime. Chinese girls look great! They are going with their best friends and they waving ones 1-1, 1-2, 1-3. Two little ones (sister) are on the floor and off the beam. One does RD fall on the beam and one does RD IT. Lay on the beam. Young girls are good. Not older girls are great. All the Chinese are girls on the beam.

11/19/80

11:00 Breakfast. Maria is sick with nausea. Also have drank the water? Lisa's leg is still but not swollen. Jack Raskewitz is waiting on it. He thinks that she'll be able to go. He says today Jack is last girl?

11:30 Alex leave for warm-ups.

1:00 Girls and I leave to watch men's competition. Maria and Lisa stay at the hotel to get more rest. Kathy, Linda and Sharon stay to make sure they get to the arena on time.

2:00 Men's Competition.

3:45 Warm-ups. Sports high. Lisa's a little apprehensive about her leg. Maria is feeling better.

Maail—Chinese bring a new board. It's a little better. Lisa will do a back kick.

Bern—Everyone looks inside.

Bern—A little nervous but not bad.

Floor—Having trouble with double pikes. Everything else is okay.

7:40 Competition begins. Girls in good spirits. Lisa is being tough hitting the bullet.

Score:

Zou—0-9. No fall.
Tolivera—0-9. Clean landing on fall.
Gardner—0-9. Piked back fall.
Koopman—0-9. Piked back fall.
Frederick—0-9. Strong twist back.
McNamara—0-9. Handstand on piked back.
Team—15.75. China—17.45. 1-3.

Beam:

Zou—0-0. Nothing but no major trouble.
Tolivera—0-1. One back. Piked back. Slightly top.
Gardner—0-1. Good set. Better than workout.
Koopman—0-9. Good set.
Frederick—0-8. Good set.
McNamara—0-9. Come down on stomach and did cover up routine.
Team—47.40. China—49.95. 1-60.

Score:

Zou—0-15. No fall.
Tolivera—0-40. No fall.
Gardner—0-19. Still on mount.
Frederick—0-80. No fall. No back on dismount.
Koopman—0-30. No fall.
McNamara—0-60. No fall.
Team—44.55. China—48.00. 1-45.

Floor In:

Zou—0-10. China.
Tolivera—0-10. With dismount.
Gardner—0-50. Good routine.
Koopman—0-35. Falls on mount and dismount.
Frederick—0-80. Falls on dismount.
McNamara—0-65. Good routine.
Team—44.55. China—46.55. 1-40.
USA—44.55. China—46.55.

All-around:

1. McNamara USA 38.20
2. Cheng China 38.20
3. Lu China 38.10
4. Zou China 37.75
5. Frederick USA 37.65
6. Yang China 37.45

Other All-around:

Tolivera—38.70
Koopman—38.40
Koopman—38.35
Zou—37.75

11/20/80

11:00 Breakfast.

1:00 Depart for shopping at the Friendship Store.

3:00 Lunch at the hotel.

4:45 Depart for Worker's Arms for warm-ups.

5:30 Warm-ups. Girls seem down very lethargic, and not very excited about the prospect of competing again. Youse seems nervous and determined to make himself his previous mistakes on the bars. Amy's back is improving so we are going to try the fall.



Photo by Mike Dreyer

JULIANNE McNAMARA winner of the All-around year the All-around American on the beam is down competition with a 5.85.

Score:

7:00 Competition begins.
Zou—0-9. 1-2. Normal and full.
Zou—0-4. Normal and full 1.
Frederick—0-19. Normal and front back.
Tolivera—0-19. Excellent routine.
Cheng—0-65. Excellent routine.
Zou—0-65.
Team—0-65.
Zou—0-19.
Tolivera—0-65. Much better than team competition.
Frederick—0-65. Very close routine.
Yang—0-65.
Koopman—0-15. Pleasant very well.
Gold 2 3
Silver 1 4
Bronze 3 1

11/21/80

4:30 Breakfast.

9:15 Depart for Great Wall. Two hour drive, but worth the wait. The most impressive man made thing, but I see every year.

12:30 Lunch at restaurant at the Wall.

1:30 Depart for Ming Tomb. Very interesting. Got some nice pictures of the back on the most animals that guard the tomb.

3:00 Return to hotel.

4:00 Dinner (everyone) listening to live of Chinese local.

4:00 Dancing at the "Garden Hall." Tried to teach the Chinese officials and interpreters how to dance. We failed.

8:00 Breakfast.

9:30 Depart for shopping downtown. Found a bookstore with german books. Were taken to an art and crafts store. Prices better than the Friendship Store. Got first art, glassware and jewelry.

1:30 Training at sports school. Apparatus pair. Went through our comparisons for the Chinese.

4:00 Dinner. Joints on style.

4:45 Depart for shopping trip downtown.

11/22/80

4:30 Breakfast.

9:30 Depart for Summer Palace. Very beautiful Palace and gardens of the emperors of the Ming and Qing dynasties. We sat into Jimmy Rogers and he passed his pictures with the kids. Later at lunch we were served chicken complex with bread. That went over big with the kids.

1:00 Training with the Chinese at the sports school. Young Chinese girls showed us their flexibility dolls. Chinese coach showed me how to make the gaps that the Chinese girls wear.

4:00 Return to hotel to pack. Sharon, Linda and Kathy went to a Chinese dance performance and came back singing about it.

11/24/80

3:00 Wake up.

3:45 Depart for airport and HOME.

Austrian Exhibition Tour

Nov. 5-Nov. 14, 1980



1980 AUSTRIAN DELEGATION (L to R): Frank Ross-Eye, Lutzwe, Brian Markler, Kelly McCoy, Sharon Shapiro, Trina Thiel, Amy Wilson, Brock Grygle, Tracy Carter, Rick Ross-Ken Allen, Beth and Karl Thurnau, Carole Spawey, Mick Gayland, Peter Renter, Susan Van Stryke, Rick Anderson and Tom Marlow.

by Peter Renter
Women's Gymnastics Coach

In April, when the possibility of the Austrian Exhibition Tour was first discussed it seemed so obvious that I should be going as the US coach. After the first excitement subsided the reality sank in: Why not? There are so many qualified coaches in the US that if several opportunities to compete that I would be selected. Then Kelly Gallagher, Gymnastics Director's (the gymnast in 1980) invited 15th in the Championships of the USA and occupied one of the places which were to go to Austria. But the trip was uncertain as it was to be an Exhibition Tour and not a competition. In when I was informed of my selection in early fall, I was quite thrilled. The prospect of seeing my family after so many years and meeting my friends from my gymnastics days was overwhelming.

As my preparations for the trip proceeded I began to feel an increasing sense of PRIDE to represent my "chosen country" (my "native country"). It was clear that the gymnasts and officials of our delegation would like Austria and her beautiful lands, open and the history, landmarks. But the people — would they like the people? In my many travels for the sport of gymnastics I know the one real difference between different places is PEOPLE. I should not have been worried because all the people we met were extremely friendly and always attempting to accommodate our wishes before we could thank them. I was proud of the people of Austria.

A few years back, several had the fortune of being part of the FIG World Team which graciously does a post Olympic gymnastics Exhibition Tour through Brazil — I was working with the publishers of the "International Gymnast" magazine, Glenn Sandby. I still cherish the opportunity of sharing two weeks of my life with Glenn who has contributed so much of his company and resources to the growth of gymnastics. One thought Glenn expressed so vividly on our journey made

clear an impression of me: "WE HAD TO FIND MORE WAYS TO OFFER OUR YOUNGSTERS THE OPPORTUNITIES PLUMBED WITH THE HEALTH OF OTHER COUNTRIES." What better way can you think of than in the form of an exciting Tour of Exhibitions.

The group of gymnasts which made up our US team was a good mix between experienced, trained elite athletes and eager but untrained novices. The leadership was made up of our elite elite novices, Mrs. Sue Brumster from Phoenix, Arizona. Mr. Ken Allen from Oklahoma. Women's (before the 1980 Olympics) Karolyi who was the coach for our men's team and myself, in charge of the girls. There is a wonderful lady and so much responsible for my big break in the United States is far available to much needed CONFIDENCE and my gymnasts — Denise Cheshire — one week before the world National All Round title. It was a good feeling to share my company with Ken. Ken is one of my favorite persons in the USA. I'll never forget his compassionate understanding on our trip to the Champs Cup Japan when on the day of departure I contacted lengths. Sherrygery Austria with good friends was a great pleasure for me.

Immediately upon our touchdown in Vienna we were received by an official delegation headed by Mr. Rohau, the president of our host organization, the WAT who welcomed us to Austria and introduced us to our guides, Ernie, Peter and I. It was here where I also met my family after 15 years for the first time again. Much to my surprise all the donations of various places in my memory appeared so much shorter, it was hard to believe. America — what enormous dimensions? Clearly, it was right there when I asked why I wanted to be in Austria, the gymnasts could only Austria is beautiful and the kids discovered the rights of ancient buildings and arts. enjoyed learning for novices to take home to their families and friends. They also seemed to enjoy the delicious food.

The next day we traveled in the all new University Training Center and got to see our gymnasts for the first time in action. We were to have an

opportunity to work out on the actual equipment to be used at our first performance in the "Stadthalle" on Saturday afternoon. It soon became apparent that the equipment would not be of the quality we are used to in the States. However, after some brief and somewhat surprise the girls adjusted to the conditions and showed us excellent attitude about it. Yet the ITF flag and the marked conditions hampered our performance on our first night somewhat, especially on Beam. Two are not used to getting up and performing without warm-up immediately before the performance. (Order central) However, the girls not the missed a bit faster than day than the boys who admittedly had some conditions to cope with.

As would be expected of a WORLD CHAMPION, Karl Thomas adjusted to the lower quality of the equipment best. Karl had joined our group from London where he covered the Russian Exhibition for ABC TV.

With this one and other similar issues we have stepped in direct competition with all the superpowers in our sport. The organizers let us know that we had been invited in an effort to maintain an East-West balance. Last year the Chinese National Gymnastics Team visited Austria and the Russians are being asked next year with the Japanese to follow afterward.

Lynn Leskner, Tracy Curtis, Kelly McCoy and Trina Tied more than made up for the below par performance of our team on the Beam with nothing short of excellent Unions Bar sets. The Viennese began to sense the world class level of the American gymnasts and the rewarding applause started rolling in. According to comments from my hometown friends, most of them had never seen some of these movements in person and it can be assumed that the audience could grasp the level of difficulty even less. They certainly did not expect Americans to do such world class gymnastics.

Lynn's creative movements from one bar to the other and her daring piked Consensus dismount over the low bar, Tracy Curtis' superfluous and Kelly McCoy's precision in hitting the frontland position, and especially the lightness with which Trina Tied went through her varying circle-movements and bowed through the air on her dismount — as if weightless — lifted our hearts with pride and the "Stadthalle" with resounding applause. Thanks to the wonderful hosts our warm up series



Tracy Curtis

photo by Fritz Becker

"The Viennese began to sense the world class level of the American gymnasts and the rewarding applause started rolling in..."

on the home visit was discouraging. The performance during the Exhibition on the other hand was a smashing success. Vienna gymnastics enthusiasts were riveted. They had never seen such a barrage of tumbling (14) bar vaults by two girls.

Without question, the girls were the "Spongibles" a lot more than the boys. Perhaps "WAW" could step up excellent floor along to music and exhibitions abroad and vice it off. Just kidding, Larry? What we did not have in tumbling we made easily up in dance, choreography and orchestral music. As usual, women's floor is one of the highlights of any gymnastics show and so were the costumes presented by Jane Van Dyke, Amy Wilson, Trina Tied, Lynn Leskner and Tracy Curtis with her hair and/or arrangements.

Our Exhibition in Vienna was part of a program which spotlighted various forms of gymnastics. We enjoyed the performances of hundreds of children and adults including mother and baby demonstrations and a later group performance choreographed by an old friend of mine from the Intelligence group's aerobics/fitness. She is now a teacher in one of the three Spongibles teams. Austria has exhibited to hosts there extended south. The show was M.C'd by one of Austria's foremost TV personalities, Karl Thomas.

My friends had arranged a get together at one of Vienna's popular "BEURGERLICH" places where people go to get together to have a good time

sing, laugh and listen to excellent and modern music! I arranged that our whole delegation was able to attend this place of "GEMUTLICHKEIT". The typical Viennese style means are played for the honor of the American athletes who served in with rhythmic clapping of their hands.

On Monday our guides, Horner and Eric, safely brought us to Linz, our second stop on the tour. Peter brought Karl Thomas and his lovely wife Beth in what was reported as an incredible recoordination drive in someone's Mercedes (don't ask me). Generally Linz is known for its industrial sites, and it comes a (best) to protesting, A's Song. But even I was aware of its lovely old town as the hospitality of its people.

In retrospect Linz was the gymnastics highlight of our tour. We had somewhat adapted to the time and the organization of the show was superb. With the exception of the floor and the boards the equipment was excellent. It even felt the effect of a positive attitude towards the outcome of our work it was here in Linz. As in Vienna, visiting provided some problems. However, dance by a card to please the audience as well as themselves Sharon Shuping and Tracy Curtis who both had missed their vaults asked for another turn to make up for it. Both were rewarded with a thunderous applause after their last. Kelly McCoy slipped off the bar on her dismount after performing nearly flawless up to that point. She jumped up and performed the dismount to the pleasure of the audience. We used a printing maker in the program to show the people that our girls are also at home on the "horizontal bar."

That evening we celebrated the success of our performance with our Linz friends, exchanged gifts, expressed our gratitude over their hospitality and sang the last of the youth house we were staying in and a have an allusion.

The weather had not passed our visit in Austria yet, but it did so by opening up just as we were on the brink of the Alps. Spectacular views, sparkling and white conditions were made through to some the night of the Alps and to close down the mountains on our backs. The more mature

Curtis on pg. 31

Uneven Parallel Bars... Overgrip Giant Swing... The Descent Phase... "SEE HOW THEY FALL"

By Gerald S. George, Director
U.S.C.F. Biomechanical Task Force

Just as in the men's High Bar and Bar event, the basic principle in executing an Overgrip Giant Swing on the Uneven Parallel Bars is to circle about the upper bar with as fully extended a body shape as is mechanically possible. However the pronounced, yet necessary, proximity of the upper to the lower bar of the Uneven poses a unique physical constraint on the performer: the effects of which become particularly obvious during the ascent phase of the skill. More often than not, the performer is seen having to compensate by unduly altering and/or misaligning her body shape in order to ineffectually complete the giant swing or otherwise suffer whatever consequences lay hidden for failure to complete. In either case, maximum technical execution is seldom if ever realized.

Since swing-oriented gymnastic skills are essentially governed by the same set of mechanical principles, it would be to the advantage of all concerned not only to understand the nature and function of such principles but also to know how to best maximize their effect. In so doing, execution of an Overgrip Giant Swing becomes an *asset* rather than a liability to the aspiring performer.

Initially characterized by a pendulum swing motion (Figure 1), most of us are well aware that the continuous downward pull of gravity causes a performer's body to accelerate again throughout the entire descent and that the greatest velocity (and speed) is attained at or very near the exact bottom of the swing. During the ascent phase of the swing, it is again that inevitable nagging (i.e., gravity), which claims responsibility for the corresponding decrease in velocity (slow down).

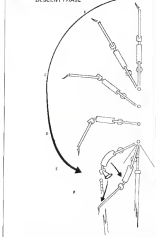
It is interesting to observe, however, that the amount of swing produced in the ascent phase is always somewhat less than in the descent phase. The stopping force of friction, created mainly by the hands catching about the bar and (and to a much lesser extent) by air resistance, reduces the amount of upward that otherwise (friction-free state) might have been attained. In spite of this inherent force-to-swing amplitude between the descent and ascent, there exists an important relationship:

- I. The greater the swing amplitude attained in the descent phase, the greater the potential for increased amplitude in the resulting ascent phase.

Figure 1. BASIC PENDULUM SWINGING MOTION



Figure 2. OVERGRIP GIANT SWING
DESCENT PHASE



Of course, the ease with which a body can circle about a bar is directly related to its shape. If, for example, increased impetus is needed to complete the ascent phase of a giant swing, the performer must begin to shorten quickly her radius of rotation at, or immediately after the exact bottom of the swing. This matter of "trading off" radius length for increased rotational impetus, "a trading of Peter to pay Paul," so to speak, further substantiates the causal importance of the descent phase. For:

- II. Neither the amount, timing, nor quickness of shortening the body's turning radius can adequately increase the performer's rotational rate without already having generated a sufficient quantity of angular motion prior to the ascent phase.

Consequently it is the descent phase (and that may be considered as the primary source, the causative factor, the controllable variable setting the

"The precarious, yet necessary, proximity of the upper to the lower rail of the Unevens poses a unique physical constraint on the gymnast..."

uppressed limits for what can potentially occur in the ascent phase of any circular swinging skill! And since a maximum passivity of swinging motion is required to successfully complete the ascent phase of an Overgrip Giant Swing on the Uneven Parallel Bars, the necessity of carefully examining the unique nature of the descent phase becomes extremely obvious.

There are at least two important mechanical factors which serve to regulate (and in this instance maximize) descent swing amplitude. The first and perhaps most obvious, variable deals with the starting angle of the swing. As depicted in illustration A of Figure 2, the gymnast initiates the descent phase of the giant swing from a maximally extended position relative to the bar ($\sim 180^\circ$), a fully extended/hunched position. Such a starting position means that the performer can cover the greatest possible distance during the descent phase. This is a distinct advantage in that it allows gravity to act upon (accelerate) the body for a longer duration of time. Consequently, a greater quantity of motion can be made available to help maximize amplitude in the upcoming ascent phase.

A second and equally important consideration for maximizing swing amplitude is distance, i.e., the distance between the body's mass center (located at or near the performer's wrist) and the axis of rotation (bar). This distance, commonly referred to as the "radius of rotation" should be as great as is mechanically possible throughout the entire descent phase. However, such a consideration really exists then it does because the gymnast is also confronted with the task of having to clear the lower bar of the apparatus.

It is obvious that, by decreasing sufficiently one or a series of joint angles at the proper time, a performer can manage to avoid striking the lower bar rail. What is perhaps not quite so obvious comes along how to accomplish this while still ensuring the largest possible radius of rotation throughout every point in the descent swing.

Figure 3 provides us with an interesting comparison of how to obtain the best of both worlds. In each of these conceptual models, a selected joint angle is decreased sufficiently enough so as to allow only a "safe margin of total body clearance" from the lower rail. Although the physical distance between the axis of rotation and each of the performer's feet is precisely the same, the resultant change in their respective radii of rotation is considerably different.

Rather than bending at the shoulder joint angle, the performer in the second example chose instead to decrease the hip joint angle. This results in a comparatively smaller percentage of body weight being pulled inward toward the axis of rotation (upper bar rail). Consequently a comparatively longer radius of rotation is achieved in the second example.

Regarding these basic concepts in terms of maximizing the descent phase of the actual Overgrip Giant Swing (Figure 2), the upcoming performer would be wise to consider the following suggestions:

Illustration A

1. The skill should be initiated from a fully-extended, vertical/hunched position.
2. Particular emphasis should be placed on maintaining both complete protraction (hollow-chest) and full elevation of the shoulder girdle.
3. The straight-line shape observed in the arm-trunk angle, as well as the aforementioned shoulder girdle position, should be steadily maintained throughout the entire descent phase.

Illustration A-B-C

1. Every attempt should be made to retain the fully-extended shape of the total body unit for as long as possible during the initial aspect of the descent phase.

Illustration C-D-E

1. Note that the required body shape changes occur in a progressive, sequential fashion and are initiated from a point of

- greatest distance from the axis of rotation, i.e., the hip joint.
2. Decreasing the hip joint angle serves as the cue to begin decreasing the lumbar angle (lower back).
3. Decreasing the lumbar angle then serves as the cue to begin decreasing (bending) in the thoracic trunk area.
4. Each body shape change progressively builds upon the other sufficiently enough to permit minimal clearance of the lower bar rail.
5. This progressive sequence of decreasing first the hip joint, then the lumbar area and finally the trunk area cannot be overemphasized.

Illustrations D-F

1. Just as the total body unit approaches the lower bar rail, the legs are quickly straightened distally as wide as is mechanically possible and then are instantaneously returned to their original feet-together position.
2. Note that the performer rapidly unfolds from the deeply hunched body shape such that a fully extended (yet slightly arched) total body shape is entered well before arriving at the exact bottom of the swing.

Since the mechanical characteristics of the descent phase on the giant for all that is to follow, it should begin to become somewhat clearer to us that seemingly tiny differences in descent swing technique, more often than not, result in major differences in total performance. The descent phase therefore is the very genesis of all swing entered gymnastic skills. Moreover as that poor old...

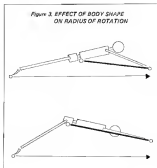
Everyone likes to swing.

And those who engage in the sport of gymnastics love it.

Yet champions who handle the hardest things of existing mortals love it.

And that's the simple truth... ☺ ☺ ☺

Figure 3. EFFECT OF BODY SHAPE ON RADIUS OF ROTATION



CHUNICHI CUP & TOKYO INVITATIONAL

November 28 & 29, 1980

December 4, 1980

By Mrs. Delmar Dams

USCF Delegation

Delmar Dams—Chief of Mission & Women's Judge
Paul Tuckwell—Men's Judge
Bill Sands—Women's Coach
Forrest Allen—Men's Coach—only for Chunichi Cup
Amy Koopman—Gymnast
Tasuo Takemura—Gymnast
Jan Matsuzaki—Gymnast—only for Chunichi Cup
Phil Caffey—Gymnast—only for Chunichi Cup
Mitsui Watanabe—Men's Program Director, USCF

Chunichi Cup—Higashi Japan

All Around Competition—Competition III
Finals Competition—Competition III

Tokyo Invitational—Tokyo Japan

Finals Competition—Competition III

Countries Participating

Canada
China
Czechoslovakia—Women only
Hungary
Japan
German Democratic Republic
Romania—Women only
Korea—Women only
USA

Age of Gymnasts

14 and over for women
Men were probably all over 20
Seiji Kinebuchi was one of the oldest women

Number of Gymnasts

	Women	Men
Chunichi	17 plus 2 extra Japanese for score only	13
Tokyo	17 plus 2 extra Japanese	11—Romania men had to go home

The competition format for Chunichi was all invited gymnasts competed the final day for all round awards as well as top 8 qualifying in each event for finals the second day. The first day scores were added to the final score for placement. It was all optional competition.

In Tokyo each country decided which gymnasts would enter which event. In general each gymnast was in only 2 events. If a country only had one gymnast, for example (DDR), only had Seiji Kinebuchi, so she entered all four. This was a finals Competition III only with no scores being carried.

USA Declaration of Events

Vault

- Most vaults performed were Takahara in back, palm, and layout.
Front 1 1/2 Salto in back.
Takahara with full 1 1/2 to twist.

Since I was judging another event, cannot comment on frequency.

Unevens

- All 3 All gymnasts had more than enough difficulty for Competition II requirements. All but five gymnasts had C² requirements as well. Seven gymnasts received 2 twills in originality and six received 1 twill



Tasuo Takemura

photo by Rich Kestey

in originality. Six gymnasts had no originality in their routines. All but one gymnast had an extra C for 1 twill under bonus.

- Most of the men were well composed with steady in movements. A couple of routines had repetition of movement and worked on one bar to the maximum allowed. I saw no new moves on the bars during any of the competition.

- Only one gymnast had a fall on the dismount, one had a 2 twill hand touch, and there were no other serious faults or performances. In back there were no serious faults. In the Tokyo competition three gymnasts had only 2 C² elements, one gymnast fell twice and one fell once.

- In general for all competitions the technique of execution was good, with a few being outstanding. Even those who got into trouble showed good technique.

- It appears from the scoring on the women gymnasts that judges did not take into account originality and that there were no deductions for "lack of".

Beam—Could not see

Final Exercise

- In the preliminary competition all gymnasts had all the necessary difficulty. In finals of the Chunichi Cup all had maximum difficulty, but in the Tokyo competition one gymnast had only 2 C² elements and repeated a double full twist twice for no credit the second time. She also failed to perform a large leap or dance pose. The judges failed to score the routine correctly as the average was 9.25 average. Fourteen gymnasts had at least one C² skill, all coming from a double back salto.

- Originally most often came from 10 double jump from 2015, twisting half backward 10 handstand double pike. One gymnast received 2 in originality for a 1 1/2 front salto to a front support.

- In general most gymnasts lacked in dance and connections. There were routines that had too little as run into the corner and went for the twisting pass. One gymnast danced in a crouched position. All skill and dance were lacking a natural gymnastic "B" look. The scores did not reflect the lack of such.

- Most execution mistakes came from falls in landing. There were 3 falls on double back and several gymnasts should have received at least 2 for top execution on the double back. There was also lack of stay-up in some routines that was non-deducted and 1 gymnast fell the floor score in general were too high by 3 to 3 twills and on the women routines by

Cont. on pg. 29

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more than 3).

1. Evaluation of Organization of Competition

A. Application was perfect and very well maintained. The lack of a spring floor was an adjustment for the girls which they made. The adjustment to the fixed, less springy board took longer and probably affected the girls' results more than the floor. By the last day they seemed to be adjusted to the board.

B. The facilities were good in all respects. In Tokyo the gym was smaller but big enough for sufficient room in all events. The athletes noticed none on the floor, of either side which made for some confusion and a feeling of a lack of organization.

C. Scoring was done manually at the Chunyuh Cup. It was very well organized and clearly presented. The length of time the scores were flashed could have been longer. It was hard to catch the average if you weren't looking as soon as the score was flashed. In Tokyo the Saito timers that were used in the World were used. Again the average was not shown long enough.

D. Scoring personnel were excellent and very efficient.

E. Results sheets were hard to find in Tokyo. No one was informed of where or when they would be available. In Tokyo they were given to each delegation at the banquet. It was much better organized there.

F. The audience was rather sparse. The lack of enthusiasm probably reflects the Japanese culture. The best and most enthusiastic audience was at the exhibition in Saito.

G. The banquets and Sanyama parties—there were four each—were most outstanding. The food was plentiful and excellent. At one of the banquets there was additional Japanese entertainment which was excellent. Also at each party except the last one, each delegation sang a song.

Also in Tokyo there were two tours: one to a textile factory and one to a glass frame manufacturing. They were both very interesting. It is unfortunate that the American women's coach chose to take the girls to workout during the two hours rather than go on these.

It was another experience other than gymnastics which would have enhanced the trip for the girls.

V. Judging Analysis

A. The level of judging on the way was approximately the same as USC. Most of the scores were fairly accurate. On floor the scoring was much higher than in the U.S.

	Score	Vault	UB	Beam	FF
Chunyuh Cup Participants	9.5-10.0	9.5-10.0	9.25-10.0	9.25-10.0	9.25-10.0
	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0
	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0
	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0
Team	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0
	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0
	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0
	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0
Team	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0
	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0
	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0
	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0	9.5-10.0

C. There were no protests for any of the competitions.

D. Judges meeting was only for assigning judges and filing out score sheets. There was no discussion of CIP or RV scores or anything on the Code. In the first meeting Mrs. Hagen did hand out pictures of all the new moves that had been added to the Code. The CIP-RV was also given out.

E. The trip went very well with no major problems. Most of this was due to the warmth and hospitality of the Japanese. It was also due to the fact that Mr. Watanabe was with us to help with the misunderstanding and understanding of procedures, etc.

Everyone was very pleasant to travel with and there were no serious problems. All in all it was an excellent trip. Four girls could have performed better if it would have been that much better of a trip.

WHY THEY ARE BETTER cont. from pg. 2

you pointed, then these girls would have to work hard on their mental of the loops and in time I am sure that they would improve enough to be able to supply the forces necessary to do a full-in. Now, when our gymnast got her full-in but she has to cowboy to make it and maybe it's not very high. Should we deduct for the execution error? Yes! We must, because if we encourage her to use the trick when she has no "reserve" we will be asking for an injury to happen. She should be encouraged to use the full-in only when she can safely make her last one. Remember, our team cannot do well unless all of our team members are healthy and able to perform to the best of their abilities.

Earlier in this article I predicted a poor finish in the World Championships because of injuries and not "fitting". To be fair, there are many reasons for a major competition: readiness (technical, physical and psychological factors). Technical skills must have reserve on all of your skills (you must be technically proficient so that a minor error does not become a major deduction). Physically you must possess enough endurance to be strong at the end of your routine (same endurance) so that if you have to struggle through some minor problems during the routine, you will still have enough left to make the dismount. Also physically you must be free of various pain so that you do not have to divert mental defense resources (checking, etc.). Psychologically, you must be confident, both in your ability to perform your routine and in your ability to do it when it counts. The former comes from successful



China's Xuewen He

experiences in training made possible by technical proficiency, and the latter is learned through "successful" meet experiences. (Also made possible through technical proficiency.)

All of these factors are vital. But the one that is most important and which we as administrators, coaches and judges have the most control over is technical proficiency. And since these factors are inter-related, a shift to better technical execution may improve the two other factors involved in "fitting". (Freedom from pain by reducing

injuries, greater endurance from the ability to "let" major routines, and greater confidence from the knowledge that you can "let" you routine even on a bad day.)

If we had a selection system similar to the Russians, our coaches could handle the problem themselves. They could simply pick up their girls and demand better execution than their gymnasts. If we had a national coach, he could handle the problem and by giving the personal coaches to make greater execution demands. But we have neither. Our task makes the team based both on how they perform and how they are scored. So, if the judges are rewarding difficulty, no matter how poorly it is done, then most coaches will permit their gymnasts to do marginal skills if it improves their chances of making the team. And we do not have a national coach with authority over the individual coaches. Consequently, our only hope is with the Technical Committee and the Judges. Again, if they emphasize execution in their judging at all levels, maybe by 1984 we can get the whole thing turned around.

P.S. After reading this article I am afraid that some readers might take this as criticism of the girls who competed in China. I assure you that is not the case. The girls who competed in China (Yuey, Jialanmei, Kelly, Lisa, Hsueh and Tzong) performed better than any U.S. team in recent years. They were wonderful to work with and I am very proud of them. My article criticizes a trend in U.S. gymnastics that is making success more difficult for these girls, and it in no way reflects nor should it be interpreted to reflect, on the talents or efforts of these gymnasts.

Coca Cola Invitational in London

Wembley Arena-December 12-13, 1980

by Ed Zimmer and Chuck Delek

Nobuyuki Egashira of Japan won the men's all-around, and Rumana Lumbi (Babe) and Zhong Boqing of the People's Republic of China for the women's title at the 1980 version of the Coca Cola Invitational in London on the 12 and 13 of December. Ten Enders was the sole medalist for the USA, a silver on floor exercise. Tracy Cutler, Brock Grays and Mitch Gaylord all made finals in at least one event.

The relatively unopposed USA team of Ten Enders, Tracy Cutler, Brock Grays and Mitch Gaylord were cheered warmly and loudly in the competition, which started just a few days after the death of John Lennon in America's soil. Not being sure of any reaction against Americans in the homeland of the fallen singer after the tragic killing, the USA contingent was treated well by all Englishmen they came in contact with, and in usual the USA athletes were harassed by autograph seekers. However, the USA gymnasts were immune to some boomer during the competition.

On the competitive side, Olga Mostepanova (Babe) how to announce (his name, you'll see 4 spots) in twelve year old Russian who stands no higher than the vaulting horse, showed the crowd that little girls can dance as well as those big acrobatic dorks. The opinion of several observers was at 12 years of age, Mostepanova can execute her dance elements as well as half Kim over Jeff Nelli. By the way, performed excellent routines on beam and floor. Although her routines were extremely well-timed down, and she is visibly heavier than her appearance at the First World Championships, the English crowd passed Nelli as well the Queen of their hearts.

Cheryl Weigher (Babe) from in Cotuit with Coach Andy Antonelli. Although living in the USA for the past nine years, Cheryl is a British citizen by birth. A second place in the GB Championships in October earned Cheryl a spot on the GB team in the Coca Cola Invitational.



Lynn Enders

Photo by Ed Zimmer

Men's Highlights

HB — Rumana (Babe) and Li (Babe), not the finalist, did beautiful backflips: all heights, both of them kicking out and landing with relative ease.

Egashira (Babe) performed a reverse back, immediate California leap, immediate double sequence on HB.

FB — Egan on NE team shown in the Chinese and Japanese took four of the top five spots. Rumana's reverse straddle cut was terrific.

V — Vornth (Babe) did a layout. Took that may have not landed yet. Mitch Gaylord made finals with a good full twisting backflip after having problems adjusting to the wood vaulting board.

B — Brock Grays was up a strong solid set for second place after performing including a solid iron cross that he had to pass since high school. A fall on his 1/2 in 1/2 set dominated in final and here the silver medal.

HB — Rumana (Babe) took it all with only two of the twelve gymnasts completing clean sets. Rumana proved again that short people can swing high.

FB — Odorovic (Babe) mounted with a full lay backout, but a full twisting Arabian 1 1/2 on his third pass, and dismounted with a double back with a broken bone in his foot. Pagan (Babe) did a Thomas Flare immediate straddle up to handstand.

Women's Highlights

Vault — The USA girls had some trouble adjusting to the wood vault board — but no complaints. Tracy Cutler did a very good handspring front vault to a flawless landing, but a little short on distance. Having a stronger second vault in final may have earned Tracy a medal. The vault that seemed to score best was a "Geyser Trick" in piked position.

BABE — Tracy (Babe) did everything in a handstand — and a good clean hip piked back with best dismount. Rumana (Babe) swapped over from Mostepanova (1980) may have the best Dickey on women in the world.



Photo by Ed Zimmer

Brock Grays

ground height and distance from the bars) but she stood on the low bar, jumped to a floor support, then climbed to a horizontal (a Blatnik step) and still scored 9.10.

☞ — Larry Buckner has called small-scale forests

Most specimens (strong) dark brown, combined with a (F) brown (F) long lateral
back back and long front all together. Mammals (Mammals) were solid but had
dark markings. (Mammals) were great!

PR — Lyn Lindner executed her dance deliberately and precisely combining it with a BO 1/4 twist step-out BO TF piked double back — (a) handling pass the candle rhythmically every time, (and) (b) as a perfect flow and pivot with a quarter. When I then executed with a back double back, the

448 *From London (L to R) Lodovico, Carlo, Enrico, Giovanni*

dropped out of a triple fall on her second tumbling line. Party stock tumbling were Miscellaneous — a gird double, a RC Author RC-FI fall and a double fall) is combined with absolutely over-the-top execution of her dance.

The British Amateur Gymnastics Association, along with the Coca Cola sponsors, were very accommodating and helpful throughout our stay. All the needs were provided for and the same for us upon return. Any problems that arose, they worked to solve it as quickly as possible.

Our first full day in London found us boarding even though it was another damp and rainy one. One of the children, Tracy, started, couldn't really take part as it turned out the next day the day we left, she had bronchitis. A doctor had to come in to the hotel in order to diagnose and prescribe the necessary medicine. Oh, was she sick! That Sunday, all of an except for Bill Search and the girls, had an opportunity to see many of the sights in London. By the time we set back, we were very tired.

The flight took 14.5 hours, eight at the airport and 6.5 on the plane. So, when we finally arrived at O'Hare, it was 1:00 PM — eight hours later than our scheduled arrival.

[illegible]

Czechoslovak International						
Men's Finales						
1	FRG		5	URS		
2	ZSoviet	PRC	14-15	1	Yugosl	15-27.5
3	Poland	URS	16-19	2	Romania	15-20
4	Czechoslovak	ROM	16-18	3	FRG	15-26
5	Hung	PRC	16-18	4	Italy	16-17.5
6	USSR	FRG	16-19	5	USSR	16-23.5
7	Czechoslovak	USA	16-19	6	Romania	16-18
8	FRG					
1	USSR	PRG	17-18	1	FRG	17-18
2	ZSoviet	PRC	17-18	2	URS	17-18
3	Hung	PRC	17-18	3	USSR	17-18
4	Poland	URS	17-18	4	USSR	17-18
5	USSR	URS	17-18	5	Yugosl	17-18
6	USSR	URS	17-18			
7	USSR	PRG	17-18	1	Czechoslovak	17-18
8	ZSoviet	PRG	17-18	2	Romania	17-18
9	Yugosl	URS	17-18	3	ZSoviet	17-18
10	ZSoviet	PRC	17-18	4	Hung	17-18
11	USSR	USA	18-18	5	USSR	18-18
12	Hung	URS	18-18	6	Poland	18-18
Women's Final						
1	FRG		1	URS		
1	USSR	ROM	18-18	1	USSR	18-18
2	USSR	PRC	18-18	2	FRG	18-18
3	Czechoslovak	FRG	18-18	3	USSR/Czechoslovak	18-18
4	USSR/Czechoslovak	URS	18-18	4	USSR	18-18
5	Czechoslovak	USA	18-18	5	USSR	18-18
6	USSR	ROM	18-18	6	USSR	18-18
7	USSR					
1	USSR	ROM	18-18	1	USSR/Czechoslovak	18-18
2	USSR	PRC	18-18	2	USSR	18-18
3	USSR	PRG	18-18	3	USSR	18-18
4	USSR	URS	18-18	4	USSR	18-18
5	USSR/Czechoslovak	URS	18-18	5	USSR	18-18
6	USSR/Czechoslovak	URS	18-18			

The SECOND FOUR CONTINENTS CHAMPIONSHIPS in MODERN RHYTHMIC GYMNASTICS

by Andrea B. Schmed

The Second Four Continents Championships in Modern Rhythmic Gymnastics took place December 2-4, 1983, in Rio de Janeiro, Brazil. The young U.S. Team performed far beyond our expectations. But let us start at the beginning.

First Day

The Championships began with the group competition. The young (average age... 15 years) team performed the routine very well only with small execution faults. We finished second right after the Japanese team who placed 4th in the last World Championships in London, 1979, and defeated Canada who finished 7th in the World Championships last year and competed in World Championships with group since 1971 and Brazil who competed since 1975. The U.S. entered a group in the World Championships for the first time in 1979.

First Round Results

1. Japan	Competition score	9.55	Total	19.40
	Execution score	8.45		
2. USA	Competition score	9.08	Total	17.25
	Execution score	8.95		
3. Canada	Competition score	9.30	Total	16.70
	Execution score	7.90		

4th New Zealand 16.70 5th Brazil 16.30 and 6th Mexico 14.75

The competition then continued with Rope and Hoop alternating. Both of our individual competitors, Sue Soffer and Lydia Calabrese started with good routines. Sue competed first with rope. At the beginning of the exercise, she dropped her rope for a second, but after that her routine was flawless. She received 9.0 which placed her in the preliminary competition, second after the Japanese girl, Ota 9.05. Lydia started with an excellent hoop routine 8.9. She placed 5th and made the finals in this event. Then, Sue performed her hoop routine: she had a couple of small balance faults and slightly missed one of her catches but overall her routine was expensive and well executed. She again placed second 9.15 after Ota 9.25. Lydia has a very difficult rope routine. She seemed to lose concentration and made several large mistakes — 8.5.

Second Day

On the second day, the competition again started with group performance. The group performed very well again, but we placed 5th this day, one rank behind Canada. I have to remark here that Canada and Japan had two level judges and they consequently had their two judges judging the group competition, while we sent one level judge (Brazil) and one international judge (Andrea Hosman). The level judges got their judging assignment first, and then the international judges shared the remaining places.

Second Round Results

1. Japan	Competition score	9.6	Total	18.40
	Execution score	8.9		
2. Canada	Competition score	9.25	Total	17.50
	Execution score	8.25		
3. USA	Competition score	9.39	Total	17.48
	Execution score	8.30		

4th New Zealand 16.75 5th Brazil 15.55 6th Mexico 14.45

The competition then continued with Clubs and Ribbon alternating. Sue Soffer did an excellent club routine, 9.05. Unfortunately she missed two parts in her ribbon routine which is one of her best events — 8.75. Lydia Calabrese did a nice club routine and made the final in this event too.

The Japanese gymnasts performed very well. But, Sue, our four-time National Champion strongly challenged them. The two Brazilian gymnasts were very impressive and one could say that they have a new Russian coach. Debby Brown (Canada) the All Around Champion of the last Four Continents Championships placed 6th. Kerry Daugherty of New Zealand had improved significantly since the World Championships and placed 7th. Lydia Calabrese (USA) placed 8th. Lydia looked good in the workouts but had difficulty handling the pressure of the competition. This was her second international experience as an individual competitor. I hope in the future we can give more international competition experience to our gymnasts so they will be prepared for a big championship like this one.

All Around Results

	Rope	Hoop	Clubs	Ribbon	Total
1. Ota, Michiko (Japan)	9.25	9.25	9.75	9.10	38.35
2. Soffer, Sue (USA)	9.00	9.15	9.05	8.75	36.95
3. Kishino, Rumi (Japan)	8.85	9.00	9.40	8.75	35.95
4. Soffer, Lydia (USA)	8.50	8.80	8.95	8.90	35.15



Photo by Andrea Schmed

Awards for Individual Events/Rope (L to R) Sue Soffer/USA (2nd place), Michiko Ota/JAPAN (1st place) and Lydia Soffer (BRAZIL) (3rd place)-Kerry Lakeren/CANADA (3rd place)-In.

3. Lopez, Clarrise (Brazil)	8.90	9.00	9.15	8.15	35.20
4. Brown, Debbie (Canada)	8.80	8.70	8.80	8.60	35.10
5. Daugherty, Kerry (New Zealand)	8.10	8.60	8.80	8.70	34.40
6. Lakeren, Jane (Canada)	8.15	8.70	8.75	8.15	33.75
7. Calabrese, Lydia (USA)	8.10	8.90	8.35	8.30	33.65

Third Day — Final Competition

The final competition started with the individual events. Sue Soffer did an excellent job in both the rope and hoop competition and placed 2nd in both events. In the club and ribbon routines, she made a few mistakes but still placed in the top group. Lydia performed a nice club routine. With her hoop routine she could have placed third but unfortunately she missed a catch and the hoop rolled out of the floor area.

Individual Events Results

Kupe	1	Ota	10.00	2	Soffe	9.75	3	Lopez	9.75	4	Soffer	9.75
	5	Brown	9.45	6	Kishino	9.40	7	Lopez	9.60	8	Daugherty	9.15
Hoop	1	Ota	10.10	2	Soffe	9.80	3	Lopez	9.75	4	Soffer	9.55
	5	Brown	9.40	6	Kishino	9.40	7	Lopez	9.35	8	Soffer	9.00
Clubs	1	Brown	9.50	2	Lopez	9.15	3	Ota	9.70	4	Soffer	9.40
	5	Soffer	9.75	6	Brown	9.35	7	Calabrese	9.05	8	Daugherty	9.20
Ribbon	1	Ota	10.30	2	Kishino	9.75	3	Brown	9.75	4	Soffe	9.45
	5	Soffer	9.40	6	Daugherty	9.35	7	Brown	9.40	8	Soffe	9.40
	9	Daugherty	9.40	10	Soffe	9.40						

Group competition was the closing event. The excitement was high in each country had a chance to improve its standing. The competition was

National USGF Modern Rhythmic Gymnastics-UPDATE

Andrea B. Schmid,
Chairman, MRG Committee

Modern Rhythmic Gymnastics is one of the new Olympic Sports which will be included for the first time at the 1984 Olympic Games in Los Angeles. With this new prestige of becoming an Olympic sport, we are receiving additional attention. Financial help and encouragement from USGF to promote this beautiful sport. The goal is to elevate MRG to a place along side its counterparts — Artistic Gymnastics. This required not only our cooperation and start developmental programs. At the 1980 USGF Congress in St. Louis, Missouri, many of these new reforms were established.

MRG COMMITTEE

The purpose of the Modern Rhythmic Gymnastics Committee of the United States Gymnastics Federation shall be to promote, serve and administer the MRG programs at all levels of ability throughout the United States. The MRG Committee will have over all responsibility for the direction of the MRG programs of the USGF.

The Committee is now composed of the following members:

The MRG Committee was enlarged with the elected new Regional Chairmen.

1. Charter Members

- Chairman - Dr. Andrea B. Schmid, Physical Education Department, San Francisco State University, San Francisco, CA 94132
- Mrs. Helene Großhans, 19015 S.W. Angel Avenue, Beaverton, OR 97003
- Mrs. Deborah Hefluff, 685 West End Avenue, New York, NY 10025
- Mrs. Nora Hazel, George Williams College, 525 13th Street, Duquesne, PA 15119
- Dr. Alberto S. Hernandez, 805 Hayes Blvd., Chicago, IL 60610
- Mrs. Jane Lums, 710 Hampshire, Oak Park, IL 60464
- Mrs. Mildred Pichel, 2419 Scoville Avenue, Berwyn, IL 60402
- Mrs. Norma Zabala, Hunter College, 495 Park Avenue, New York, NY 10021

2. Regional Chairmen

- I. Mrs. Barbara Pancher, C. S. U. Sacramento, 6000 J Street, Sacramento, CA 95819
- II. Mrs. Janella Bennett, Oregon Gymnastics Academy, 14279 N.W. Science Park Drive, #665, Portland, OR 97229
- III. Ms. Pat McQuary, 2094 E. 13 Place, Tulsa, OK 74104
- IV. This position is open
- V. Mrs. Geraldine Hefluff, 10085 Fairfield, Detroit, MI 48221
- VI. Mrs. Joanne Sanders, 44 Normandy Drive, Sudbury, MA 01976
- VII. Ms. Ellen Cardillo, 67 Maplewood Avenue, Bogota, NJ 07003
- VIII. This position is open



Awards for Group I, in R) Sue Saffo/USA (2nd place), Michelle Onofra/PAW (1st place) and Gloria Lopez/MEXICO (3rd place).

SUB-COMMITTEES OF THE MRG COMMITTEE

The following sub-committees or developmental programs were established at the 1980 USGF Congress:

1. Age Group Development Committee
Chairman: Mrs. Nora Hazel
Purpose: This sub-committee shall have direct responsibility for the developmental aspects of the Age Group Program — mandatory programs (class) for gymnasts and coaches.
2. Elite Development Committee
Chairman: Mrs. Barbara Pancher
Purpose: This sub-committee shall have the responsibility of coordinating the training aspects — clinics, seminars, camps — to develop the High performers and coaches.
3. Coaches Development Committee
Chairman: Mrs. Joanne Sanders
Purpose: This sub-committee shall have the direct responsibility of training coaches at the Age Group level.
4. Judges Training Committee
Chairman: Mrs. Norma Zabala
Purpose: This sub-committee shall have the direct responsibility of



Photo by Andrea Schmidt

The USA Team at the World National

training and certifying judges through the USGF certification process.

5. Public Relations Committee

- Chairman: Mrs. Geraldine Hefluff
- Purpose: This sub-committee shall have the direct responsibility for promoting and introducing the sport in order to enhance the growth and development of MRG in the entire country.

All the above five sub-committees will work in close cooperation with the MRG Committee and will be guided by the MRG Committee decisions.

FOREIGN RELATIONS COMMITTEE

A Foreign Relations Committee for MRG was established at the 1980 USGF Congress. The F.R.C. consists of elected representatives from the MRG Committee and coaches and athletes representatives. The elected positions are as follows:

1. MRG Committee Chairman (Chair of F.R.C.)
2. Elite Development Committee Chairman
3. Judges Training Committee Chairman
4. *Coaches Representative
5. *Athletes Representative

*Positions #4 and #5 are open to non-MRG Committee members only.
Purpose: To develop guidelines for the selection, training and responsibilities of gymnasts, coaches and judges representation for international competition.

First Meeting of the FRC will be held on February 22, 1981, Oakland, California.



photo by Andrew Schmitt

*L. & S. Individual Compulsory Lydia Crabtree, Sue Saffo
Rhythmically pose in Rio.*

1982 FIG NATIONAL CHAMPIONSHIPS

Dates: The 1981 FIG National Junior and Senior Championships will be held in Tulsa, Oklahoma, June 4-6, 1981

Qualifications

- Juniors 12-14 years of age — qualifying score 30 points AA
Seniors 14 and up — qualifying score 32 points AA

Events

1. Individual: Roman Hopa Clubs Ribbon
2. Group Exercise: 3 balls and 3 ribbons with optional music

Note: Gymnasts wanting to try out for the National team in group exercise must either compete in "More routines" to compulsory music or have the "More routines" with the compulsory music included in their group exercise. Film and test for the main routine entry fee purchased later.

Mrs. Barbara Purcher
C & U Sacramento
6800 I Street
Sacramento, CA 95819

Regional FIG Meets will be held last weeks prior to the National Championships

NATIONAL FIG CLINICS

Dates: The National FIG Championships will be followed by a Judging Coaching, Film and Age Group Compulsory Clinics on June 7, 8 and 9, Tulsa, Oklahoma, 1981. The clinics will be conducted by elite coaches. International judges and authors of the compulsory routines. It will be open to gymnasts, coaches, and judges. For further information on both the National Championships and Clinics contact:

Mr. Paul McCurry
2644 E. 13 Place
Tulsa, OK 74114

The National FIG Championships and Clinics will be followed by the Junior and Senior Artistic Gymnast National Championships which begin June 10-13, Tulsa, Tulsa will be the Gymnast Capital in June of 1981

FIG CALENDAR

National	
June 4-6, 1981	National Junior and Senior FIG Championships Tulsa, Oklahoma
July 24-28, 1981	World Sports Festival, Singapore, New York
International	
March 24-25, 1981	Czechoslovak Invitational
May 1, 1981	Bulgarian Invitational
May 13-17, 1981	Corbel Invitational
May 19-21, 1981	Princess Grace Cup, Monaco
June 27-30, 1981	Israel Invitational
October 16-18, 1981	Hungarian Invitational
October 31-24, 1981	World Championships, Munich, Germany
*December, 1982	Four Continents Championships, Auckland, New Zealand
*October, 1983	World Championships, France
*Competition	Individual exercise: rope, hoop, clubs, ribbon group exercise with 3 balls

FIG RESOURCES

1. Modern Rhythmic Gymnastics 1980-81 Compulsory Routines (65 000book plus \$4.00 postage for 3-5 books)
2. Code of Points for Modern Rhythmic Gymnastics with supplement (\$2.50)
3. 1 and 2 order from: USFIG, P.O. Box 7656, Ft. Worth, Texas 76111
3. Schindler, Andrea, Modern Rhythmic Gymnastics: Mayfield Publishing Company, 285 Hamilton Avenue, Palo Alto, CA 94301 (811 951)
4. *Hector Records (Windsor, N.J. 07463)
4. *Klimax International, P.O. Box 477, Long Beach, N.J. 07740
4. *Starline Records, Inc. 1795 Laguna Drive, North San Jose, N.Y. 11367
- *4, 5 and 6 Companies have books or pamphlets in FIG which are accompanied by a LP record. Write for a 1980-81 catalog



photo by Andrew Schmitt

USA Team: Barbara Purcher, Justine Gray-Meagher, Sue Saffo, Lydia Crabtree, Selma Woolery, Sandra Sherman, Michelle Bernabe, Wendy Hillard, Valery Znamensky, Nancy Stronfield, Karla Newell, in front, coach Aile Semany.

SECOND FOUR CONTINENTS came from pg. 25

Real Possibilities

Competition (C) = 40 points 2 = 30 points
Execution (E) = 10 points

FINAL COMPETITION (with Finalist)

Competition (C) + E = 20 points = 40 points 2 = 30 points
Execution (E) + E = 20 points = 40 points

Group Competition Results

- 1 Japan 16-155 2 USA 24-273 3 Canada 24-280 4 New Zealand 32-475
- 5 Brazil 11-640 6 Mexico 38-480

We all were very proud of the good performance by our girls and are greatly encouraged about our prospects in the Junior World. Many people contributed to this success. First of all our National Coach Aile Semany (the choreographer of the group routine). The routine is interesting, difficult, and very original and surely deserved the near high composition mark 9.2. She also did an excellent job to make the girls work in unison and with good technique — both dance and handling the apparatus. This was a great accomplishment considering the limited time the girls worked together compared with the other teams who all live in one city and have a national coach hired to work with them. In our team four girls came from Los Angeles (Valery Znamensky, Nancy Newfield, Sandra Sherman, Selma Woolery) and three from Detroit (Wendy Hillard, Karla Newell, and Michelle Bernabe). The three Detroit girls had to move to Los Angeles in September to work with the group. Wendy lived with her aunt, Selma's family offered their home to Michelle, and Valery's family offered their home to Karla. Many Mount Catholic High School contributed their gymnastics to make this possible. Barbara Purcher helped the team immediately as manager and assistant coach, along with Sheila Simpson, our musical accompanist. Especially grateful acknowledgement is extended to Norma Ziskis, past chairman of Southern Rhythmic Gymnastics who behind the scenes organized and made all these things possible.

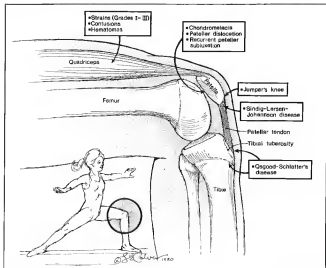
I would like to mention one other guiding thing, and that was our USA cheering group: Zina Mironov (Coach of the Detroit girls), Givern Hillard (Region V chairman), Ingrid Sander (Region VI chairman), and Hanna Christie (California North chairman). These people shared their general knowledge in the form of workshops and clinics and thus encouraged different parts of the country to take part in this beautiful sport. We are off to a good beginning with this new Olympic Sport!

DISORDERS OF THE FRONT OF THE THIGH AND KNEE IN GYMNASTS

by Dr. Neal Small

Because of the frequent leaping and spiking gymnastics, the knee extensor mechanism is often called upon to work overtime. The knee extensor mechanism is the front of the leg and extends from above the hip joint to the tibial tubercle which is the bony point below the knee. The upper portion of the extensor mechanism is the quadriceps muscle. This four part muscle covers the front of the thigh and is mainly responsible for pulling the knee joint from the flexed (bent) position to the extended (straight) position. The quadriceps attach into the upper border and both sides of the patella (kneecap). The patella moves up and down in a groove formed by the condyles of the femur (thigh bone). At the lower border of the patella the patellar tendon originates. This runs from the patella to the tibial tubercle.

Disorders of the quadriceps muscle themselves are common injuries in gymnasts. These include muscle strains of various grades from grade I (mild pull) to grade III (tear) of all or a portion of the muscle. Other problems arising in this area include muscle contusions and hematomas. The treatment of muscle strains (other than grade III, muscle contusions and hematomas) is symptomatic. The muscle is stopped or supported with a compression wrap. Ice is applied for the first 48 hours followed by heat until the swelling and tenderness have resolved. Ultrasound and whirlpool are helpful. A rubber thigh sleeve for support can also prove to be useful both during recovery and after return to competition. The gymnast should not stress the leg in practice or competition until virtually all the swelling and pain have resolved. The severity of strain and tendon injury may represent a grade II or III (tear) and should be evaluated by a physician as soon as possible. Significant quadriceps ruptures are best treated by surgical repair.



USGF GYMNASTICS

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and my check for \$8.00 made payable to the USGF.

Patellar dislocation in gymnasts is quite common. In recent years, a broad spectrum of disorders resulting from instability of the patella in its groove during flexion and extension of the knee have been described. The most severe extreme of the spectrum is acute dislocation of the patella. This is a relatively uncommon condition and is associated with an acute painful and swollen knee which is sometimes located in flexion. Occasionally the patella is mobile to over to the lateral (outer) side of the knee. The athlete should be taken to a physician immediately. Milder degrees of patellar problems are more common. They include recurrent subluxation of the patella and chondromalacia. Recurrent subluxation are actually partial dislocations with the patella sliding back into the groove spontaneously. The gymnast will attempt to sit as the knee "pops out of socket" or "something catching under the kneecap." The treatment for this degree of patellar instability is usually a program of quadriceps rehabilitation strengthening the vastus medialis muscle. This portion of the quadriceps pulls the patella toward the medial (inner) side and can keep it from sliding out laterally if strengthened. Also helpful occasionally is a knee brace or brace which surrounds the patella and supports it. This brace can usually be discarded when the quadriceps have been rehabilitated.

Chondromalacia of the patella is a condition of softening and irregularity of the articular surface (underside surface). The causes are obscure but may result from recurrent subluxation, from a fall on the knee or a direct blow to the patella. The conservative treatment of chondromalacia includes the same measures used for recurrent subluxation. Both chondromalacia and recurrent subluxation of the patella may require

surgical treatment if they do not respond to quadriceps rehabilitation and patellar bracing. Arthroscopic surgery has been very useful in treating these disorders and has allowed a rapid return to practice and competition.

Because of the frequent trapping and snapping during intense motions, the patellar tendon is pulled and stretched back as an upper end where it originates from the patella and its lower end where it inserts into the tibial tuberosity. Intropatellar tendinitis (also called jumper's knee) may occur where the tendon attaches to the patella. A loose, protrusion or loose bone fragments may result. This condition is known as Snodgrass-Jarvis-Johnson disease. Tendinitis, loose protrusion and loose bone fragments may occur at the lower attachment of the patellar tendon as well. In this area the condition is known as Osgood-Schlatter's disease.

Jumper's knee, Snodgrass-Jarvis-Johnson disease and Osgood-Schlatter's disease are treated conservatively in the majority of cases. The greatest need not be removed from practice or competition except in very rare instances. Treatment consists of oral anti-inflammatory medications, heat and ice contrast therapy, exercises to strengthen the quadriceps and taping to protect the tender area. Treatment in years past included casting, injections and surgery. It is now generally accepted that these conditions are self limited and will result in no permanent disability even if the athlete is allowed to compete. Taping and surgical treatment are used now, only very rarely. There is probably no place for injections in the treatment of these problems because injections of steroids such as cortisone can weaken tendon tissue and eventually cause tendon rupture.

USA vs CHINA GYMNASTICS JUDGES' REPORT

By George Beckstead & Mike Willard

The USA Gymnastics Commission with the People's Republic of China was an extremely successful experience for all delegation members. The delegation members included:

Delegation Leader—Frank Casanovi

Men's Team Coaches—Bob Casanovi, Mike Willard

Judges—George Beckstead, Mike Willard

Men's Team—Alex Ando, Dennis Hayden

Phil Cabay, Mady Miller

Sam Connor, Kevin Brady

Women's Team Coaches—Don Phipps, Judges—Linda Chomovick

Robbie C. Tibbels, Sharon Valley

Women's Team—Marion Frederick, Japanese Ichikawa

Kelly Gansan, Soeren Jahnke

Amy Karpman, Lisa Orr

The Chinese were excellent hosts during the entire tour, competition and sightseeing. We were fortunate to see the Great Wall, Ming Tombs, Summer Palace, Forbidden City, an Acrobatic Show, and enjoy a wonderful Peking Duck Banquet.

The Chinese delegation coordinated all schedules with Mr. Frank Casanovi. The training sessions prior to the competition were well organized at the competition site, the Workers Gymnasium. The USA delegation members traveled in, and participated in all training sessions prior to and after the competitions. The Chinese coaches, gymnasts, judges and officials were present at all training sessions. The attendance of both delegations at these sessions provided an excellent opportunity to exchange concepts of training, judging, coaching, and organization of programs with the coaches, judges, gymnasts, and officials.

The discussions with the Chinese officials related much information concerning their interpretations of the 1979 FIG Code of Points. Topics of interest included:

A Comparison of award criteria for risk, originality and virtuosity. The USA and China interpret the Code similarly. The Chinese award risk according to the guidelines in the Code as long as there are no major execution faults in excess of 0.3 points. Originality is recognized for a period of one year or until commonly performed. Virtuosity means flawless execution.

There tends to be a leniency in execution deduction for the vaults grading of the knees in multiple sets to work on all events.

The Chinese work with much difficulty on all events.

Hoop Exercise—The Chinese are excellent jumpers. They work with much control and equilibrium which yields great synchronization and height.

Forward Horse—The difficult elements and combinations shown by the Chinese were amazing. Spindles, Magyar twists forward and backward Russian walkouts between the gymnasts, much control and back motion work on the front back, and much synchronization work. The Russians were gymnasts work in execution, however the line combinations were well executed with motion and levels. They swing fast, stretched and high.

Sail Wings—The Chinese show a strong composition in their routine composition, usually two to three additional strength elements. One gymnast performed, leg to inverted cross, going to planche, straight straight press out, giant, ball to L cross, pull out, straight arms press, ball to double layout, etc. There was a weakness in the lower back in the last positions from swing work. And as in most foreign countries, leather shoes were official equipment.

Vault—We used the old, flat, wooden vaulting type board. The Chinese vaulted and are very quick and powerful off the board which is placed close to the horse.

Parallel Bars—This was basically a stick event for competition. There were some interesting elements shown in the work sets and falling, jumps to handstand, giant to immediate straddle cut, etc.

High Bar—This was probably the best event for the Chinese and they are

among the best in the world on this event. Examples of difficulty included:

One arm giant to one arm glide to a full salto catch piked.

One arm giant right arm to One arm giant left arm.

Wing very similar to pirouette over the top.

Many types of salto catches and release work on the same routine.

Two layouts, landed well, and one double twisting double, landed well.



Weng Bing Chen

photo by David Demassey

We felt very comfortable with the judging atmosphere. The judges had opportunities to discuss technical and interpretative issues prior to, during and after the competitions. The few controversies which were held were easily explained and objective. The Chinese used three different judges and one superior judge. We were asked to act as superior judges, but chose to act as one of the four coaching judges. The judges were:

Superior—Liu, Lin Chui

1. George Beckstead

2. Mike Willard

3. China, Shao Jue

4. China, Gao Fui and Luo, Hui Yu

The USA delegation worked well together in the training sessions and in the competitions. The competitions with the Chinese were very friendly, as were the training and return team experiences. The USA did not hold their strongest men's team team, however the team performed well.

Following the two days of competition we had the opportunity to train with the Chinese team at the Peking Institute of Physical Culture. The first

day in training was very much like a contemporary clinic. We discussed the USA interpretations on the 1981-84 World and Olympic Licensure Compulsory Exercises, including the NCAA and National Team Guidelines. The gymnasts worked on the difficult jumps together, including:

Flare front somersault—

- Handspring clear to the horizontal, use a quick back full motion
- Back roll to a momentary handstand, across pommel
- Step into the last tumbling pass

Pommel Horse—

- The rhythm of the routine, using
- Single leg connections, pushing from the pommel into circle
- Back should through to the dismount

Salt Rings—

- The back roll done only in China to level
- Dismount, with a straight hollow body down swing, and quick chest rise on the release, without dismount

Vaults—

- Be explosive

Parallel Bars—

- Straight arm work on pommel and small

High Bar—

- Work with the P form at the handstand
- The Chinese also prefer the late straight technique
- The undergrip flip is performed high with almost straight body
- The second day of training was much more an open discussion atmosphere with the Chinese delegation. Members of the men's team talked with the Chinese gymnasts about training techniques, life style, competition, travel, etc. The coaches, judges and a state runner discussed developmental programs, physiological testing and athletic selection, biomechanics, coaching methodology, and rules interpretations. Our programs are very similar in outlook and emphasis.

The Chinese developmental program takes gymnasts into training for boys ages five and up. Boys seven years of age and up, who show natural ability and potential, are invited to participate in provincial and state sports school programs. Training emphasizes specific fundamental skills, performed flawlessly. Compulsory combinations and free exercises are taught. The equipment is built to fit the students, such as short pommel horse and small, smaller diameter bars for the parallel bars, and lower smaller diameter high bar. Competition has compulsory exercises begins at ages eight to ten. When gymnasts have the ability and good proportion, age and skills and exercises are added to the program. Ages ten to twelve, the junior provincial teams compete in the Junior National Championships, which determines the material for the Junior National Team. Age fifteen and under, gymnasts age sixteen and over compete at Provincial and National level for placement on the Senior National Team.

Boys age ten and over emphasize "Body Building Training," daily exercises include:

- Many skill improvements, fundamentals, strength and swing
- Power training with weights
- Gymnasts strength exercises: 1) up, handstand pushups, then age, dips, cranks, knees, etc.
- Sprints: 20-50-40 meters for quickness
- Endless training, mostly the progression endurance type
- A light workout ranges 1 1/2 to 2 hours. A hard workout six runs 1 1/2 hours. The Chinese believe that body types are similar as much as age, but ability development is mostly related to training and physical development.

The Chinese coaches, gymnasts and officials are highly motivated and dedicated to the developmental and competitive process. Their culture builds much respect and discipline to all program phases. The program appears highly organized, especially with the huge numbers of participants. The coaches and officials meet at the National Championships for a two to three month residency to study coaching and technical methods. They then meet with others at the provincial level to bring. There is a strong cooperative relationship between coaches, officials and gymnasts to work together to produce research, training and instruction for better results in training and competition. "There is no substitute for hard work."

The trip to Peking was a fantastic experience for the entire delegation. These boys are one-of-the best in the world of gymnastics. They train hard, are extremely dedicated, and enjoy heavily competition. The national and gymnastics exchanges were enlightening and enjoyable. ■

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AUSTRIAN EXHIBITION TOUR cont. from pg. 18

over, among us "bad lot" carry the camera gear, of course.)

Before arriving in Voelbling the third and last of our exhibition stops, we printed through the spectacular mountain formations known as the "CEZARBER" Gorges for their excellent climbing opportunities. Many ropes were sent to my manila bag just prior to a weekend in these walls of rock and the surrounding cabins. It was the most awesome impression of rope. Steve was filled my eyes when the days of my adventures passed in front of me.

That evening we met "Hilbert" the mayor of Voelbling and his cabinet of organizers. They were introduced to himself as Hilbert because his last name is difficult to pronounce correctly. By now our athletes were exhausted from sightseeing, shopping, socializing, traveling and training in between. So the idea was born to put a little fun into our presentation. The absolute highlight was the deep performance of Mark Gayford who, complete with make-up and "physical improvements," performed those Shapovalov Floor Exercise routines with Sharen doing the lighting.

We hired our own demonstrators with Kelly McCoy on Floor, who gave a most electrifying performance, including to the audience her excellent use of being able to perform for them. Kelly walked off with tears in her eyes as the audience responded. It also might have been Kelly's last performance for the USA team as she is considering retirement. Thank you Kelly for most inspiring example not only on the spot but throughout your career.

My THANKS YOU also goes to all members of our delegation who made this trip as enjoyable as it was.

To the GYM-KEN corporation and Bob Kennedy who are all at Kennedy Academy after outfitting the gymnasts and the coaches.

To Lynn Lodner's dad who worked behind the scenes for weeks for TWN to make our destination as pleasant as can be. However he earned his 50 000 gets upon our return when he had to perform a miracle as one of our team members from California had replaced his ticket. ■

Elite Sportswear, Ltd. opens as Newest Addition to Gymnastic Apparel Companies



Gary Seibert

photo by Sebrington

It is with great pleasure that Gary Seibert, former president of Cym-Kin, announces the opening of his new company, Elite Sportswear, Ltd. After 15 years of affiliation with gymnastics and 7 years of directing a gymnastic apparel sales company, Gary has formed a partnership with Sallie Weaves, the owner of a chain of women's health salons home based in Hartford, Conn., and opened Elite Sportswear, Ltd. Their new company is in the process of buying Cym-Kin and will continue to serve the gymnastic market with stock and special order apparel. Although production had been shut down for several months during the formation of the new company, Elite Sportswear, Ltd. is now up and running full speed ahead and producing the finest gymnastic garments ever. Gary and Sallie are confident their new organization will provide styling, quality, service and delivery equal to a perfect "10" by having manufacturing, warehousing, sales, shipping, and service all under one roof and by the use of an in-house computer and a sophisticated toll-free order system. Elite Sportswear, Ltd. will revolutionize the gymnastics apparel business. For any information on how to obtain Elite Cym-Kin products call 1-800-343-4067.

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- b) NCAA Coach of The Year 1977 and 1978
- c) USOPF Coach of The Year 1979 and 1982
- d) Assistant Coach of U.S. World Games Team — Strasbourg, France — 1978
- e) Coach of U.S. World Cup Team — Tokyo, Japan — 1975
- f) ASSISTANT COACH for the WOMEN'S OLYMPIC GYMNASTICS TEAM — 1980

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OR CALL 1-214-490-1986

INLENG GYMNASTIC CLINICS (tentative schedule)

ALABAMA Birmingham State University Birmingham, Alabama April 20-21 ARIZONA Arizona State University Phoenix, Arizona May 1-2 (Sat/Sun) CALIFORNIA California State University Fullerton, California April 20-21 FLORIDA University of Florida Gainesville, Florida April 20-21 GEORGIA Georgia State University Atlanta, Georgia April 20-21 ILLINOIS University of Illinois Champaign, Illinois April 20-21 INDIANA Indiana University Bloomington, Indiana April 20-21 KANSAS University of Kansas Lawrence, Kansas April 20-21 MICHIGAN Michigan State University East Lansing, Michigan April 20-21 MISSISSIPPI Mississippi State University Starkville, Mississippi April 20-21 MISSOURI University of Missouri Columbia, Missouri April 20-21 NEBRASKA University of Nebraska Lincoln, Nebraska April 20-21 NEVADA University of Nevada Reno, Nevada April 20-21 NEW YORK State University of New York Binghamton, New York April 20-21 OHIO Ohio State University Columbus, Ohio April 20-21 OKLAHOMA Oklahoma State University Stillwater, Oklahoma April 20-21 PENNSYLVANIA Pennsylvania State University University Park, Pennsylvania April 20-21 RHODE ISLAND Brown University Providence, Rhode Island April 20-21 TENNESSEE University of Tennessee Knoxville, Tennessee April 20-21 TEXAS University of Texas Austin, Texas April 20-21 VIRGINIA University of Virginia Charlottesville, Virginia April 20-21 WASHINGTON University of Washington Seattle, Washington April 20-21 WEST VIRGINIA West Virginia University Morgantown, West Virginia April 20-21 WISCONSIN University of Wisconsin Madison, Wisconsin April 20-21 WYOMING University of Wyoming Laramie, Wyoming April 20-21	UTAH Utah State University Logan, Utah April 20-21 VERMONT University of Vermont Burlington, Vermont April 20-21 VIRGINIA University of Virginia Charlottesville, Virginia April 20-21 WASHINGTON University of Washington Seattle, Washington April 20-21 WEST VIRGINIA West Virginia University Morgantown, West Virginia April 20-21 WISCONSIN University of Wisconsin Madison, Wisconsin April 20-21 WYOMING University of Wyoming Laramie, Wyoming April 20-21	MISSOURI University of Missouri Columbia, Missouri April 20-21 NEBRASKA University of Nebraska Lincoln, Nebraska April 20-21 NEVADA University of Nevada Reno, Nevada April 20-21 NEW YORK State University of New York Binghamton, New York April 20-21 OHIO Ohio State University Columbus, Ohio April 20-21 OKLAHOMA Oklahoma State University Stillwater, Oklahoma April 20-21 PENNSYLVANIA Pennsylvania State University University Park, Pennsylvania April 20-21 RHODE ISLAND Brown University Providence, Rhode Island April 20-21 TENNESSEE University of Tennessee Knoxville, Tennessee April 20-21 TEXAS University of Texas Austin, Texas April 20-21 VIRGINIA University of Virginia Charlottesville, Virginia April 20-21 WASHINGTON University of Washington Seattle, Washington April 20-21 WEST VIRGINIA West Virginia University Morgantown, West Virginia April 20-21 WISCONSIN University of Wisconsin Madison, Wisconsin April 20-21 WYOMING University of Wyoming Laramie, Wyoming April 20-21
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ROMANIAN PROGRAMS

Romania 1977 contains extensive bios on Nadia Comaneci and Teodora Ungureanu as well as an oversize Nadia poster. Also enclosed is a poster and facts on the American team. Romania 1978 is the rare program on the Romanian tour that was cancelled. This is the first time it's available to the public and USGF requests having a limited supply. Contains a more complete biopic Comaneci as well as a bio on Irina (Boric).



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WOMEN'S ELITE PROGRAM REPORT

by Ed Zeeman

USGF AWAITS WORD ON GRANT

The USGF National Office has been in touch with a major corporation that is interested in providing a grant to fund the position of National Program Director for Women. The corporation, which holds a similar position in men's Olympic Sport, has notified the USGF that such a grant was approved by their Board of Directors for a Woman's spot. (The spot would be generous). A decision should be available about February 1st.

USGF JUNIOR ELITE WOMEN'S PROGRAM

Plans for the 1981 Junior Elite Program have been released by the USGF. The purpose of the J.E.P. is to develop, select and help prepare for international competition a USA Junior Elite Women's Committee Team. This program will parallel the USA Women's Team system. Athletes eligible for the program are elite-level female gymnasts who have not yet reached their 15th birthday.

February-August, 1981

The selection process is through a series of qualifying meets. For 1981, a score of 68.50 (topical and elite compulsory) eight events total at a USGF Regional Zone Elite Qualifying Meet is necessary to qualify to the 1st Elite Nationals (Cleveland, 19-21 February). Regional Zone & Elite Nationals will be held with the Senior.

From Nationals, the top 20 juniors will qualify to Junior Championships of the USA, 12-14 March in Allentown, PA. This meet will be held the same days as Championships of the USA, but at different times. The top 12 places from Junior Champions will:

- 1) Qualify to the National Sports Festival in Syracuse, NY, 19-24 July. (There may be a short training camp for these individuals before the NSF.)
- 2) Be eligible to be selected to one Junior International meet held between Championships and Junior Team Trials in early fall.
- 3) Automatically qualify to the Junior Women's Team Trials.

August '81 — Championships USA '82

Any junior athlete who achieves a score of 68.50 at Elite Regional Zone Meet 28-29 August, will qualify to the 2nd Elite Nationals, 30-31 September, also open. From there, the top 12 juniors, who have not already qualified to the Junior Women's Team Trials, will qualify to the Junior



Lita Zeln

Women's Team Trials

USA Junior Women's Committee Team Trials will have 24 participants. It will be held sometime in October. Side is open. The top 10 places from 14-1 will be named to the USA Junior Women's Committee Team.

A major Junior International Competition for boys and girls will be held in the USA in late fall.

The report from the Elite Development Committee and Elite Coaches Association concerning the 80-81 competition schedule was presented by Bill Strauss. The following schedule has been accepted by the WTC:

Jan. 23-24, 1981: 1st Zone Qualification Meet

Feb. 6-7, 1981: 2nd Zone Qualification Meet

Feb. 20-21, 1981: 1st National Elite Meet

USG gymnasts advance to the Championships of USA

March 20-22, 1981: American Cup

March 12-14, 1981: Championships of the USA

(Top 10 go to the World Championship Trials, 1981)

August 28-29, 1981: 3rd Zone Qualification Meet

Sept. 19-21, 1981: 2nd National Elite Meet

(Top 10 go to World Championship Trials)

Oct. 1, 2, 3, 1981: WORLD CHAMPIONSHIP TRIALS

(Top 10 from Championships of USA, and top 10 from 2nd

National Elite Meet) injury penalties reserved by WTC.

If one of the 10 of either group incurs she will not be replaced.

The WTC accepted the following criteria for one National Team selected at the Championships of the USA. The top 21 girls will makeup the National Team.

1-7 will be the 1st team

8-14 the 2nd team

15-21 the 3rd team

The Championships of the USA will be a selection meet through to the World Championships Trials Oct. 1-2-3, 1981 (1978-1979/1981)

USGF CONSTITUTION BY-LAW cont. from pg. 5

Council, and the Executive Committee, regarding matters pertaining to the international training and competitive programs as they relate to coaches and gymnasts. This includes the selection of athletes for international events, coaches selection, the formation of training camps, etc. As of November, 1980, the Athletic Association has one representative on each of the BCOs.

Men

Jay Wilkerson
1105 Mockingbird Dr.
Raleigh, N.C. 27609

Women

Linda Mulvihill
148 W. 12th Ave.
Eugene, Oregon 97401

If an athlete has a petition in opinion concerning an international event he/she should contact Jay or Linda for clarification.

To protect the individual rights of athletes the U.S. Olympic Committee established the Athletics Advisory Council (AAC) in 1973. Each national sport is represented by one representative. The AAC reviews the policies of the U.S. Olympic Committee, and ensures the individual rights of each athlete with regards to Olympic Committee events such as the Olympic Games, Pan-Am Games, and the National Sports Festival. The newly elected chairman of the AAC is

Chris Kruepp
3605 Allen Parkway
Apt. 435

Houston, Texas 77015

The gymnastics representative to the AAC is Peter Kornman.

The new Executive Director of the USGF (Raggs Council), and the USGF Board of Directors have been instrumental in resolving athlete participation at the address level. The athlete representatives strongly urge any athlete with a suggestion or problem to contact them.



Minutes of the U.S.G.F. Men's Foreign Relations Committee Fort Worth, Texas— January 2-3, 1981

ATTENDING THE MEETING, at the head of the table, (foreground) Roger L. Carroll, (turning off-camera) Mike Morasaka, Ed Zimmer, Don Gaudin, Ed Burck, Bill Rootelmeier, Les Sawyer, Jay Warden, Ken Allen, Fred Rootelmeier.
photo by Nick Kinnay

Present: Les Sawyer (Chairman), Ken Allen (Secretary), Bill Rootelmeier, Don Gaudin, Fred Rootelmeier, (Bill Rootelmeier and Les Sawyer, Mike Morasaka) in all as persons after meeting were Roger (Gardner), Ed Zimmer, Alan Volander and Keith Ramsey of the U.S.G.F. Council.

The meeting was called to order by Chairman Sawyer at 7:20 P.M. Chairman Sawyer welcomed Jay Warden as his first meeting in the Atlanta representation.

It was moved by Bill Rootelmeier and seconded by Les Sawyer to accept the minutes of the October 3, 1980 meeting. Carried.

Selection of 1981 World Championship Coach

It was moved by Ken Allen and seconded by Bill Rootelmeier to table the selection of the 1981 World Championship Coach. Carried.

Note: Resolutions as based on unanimous supporting there, two members of applicants chosen on the part of some FRC members, to indicate the job responsibilities of such a coaching position.

The concept of head coach for the various international team competition was discussed at great length. As a result, some concept and slightly different positions have been developed in Dallas.

- A. The position would be called "The 1981 U.S.A. Team Coach" as opposed to the 1981 World Championship Coach.
 - B. The length of service would be from the date of selection to before April 14 and December 14, 1981.
 - C. Team representatives would include serving as head coach at all U.S.A. Team functions during term of service (team competition) prior to including following (this is Championship, Training Camps, exhibitions, etc.).
 - D. Additional responsibilities would include:
 1. Coaching assistant (coach with approval of F.R.C.)
 2. Coaching assistant and personal equipment selection and fitting
 3. Maintain regular contact with the athletes in order to establish support and assistance in mental and physical well being.
 4. Maintaining regular contact with the National Program Director (Alan Rootelmeier)
 - E. Following U.S.G.F. rules and regulations with regard to conduct of team activities.
 - F. Making recommendations to the F.R.C. with regard to team selection to the competitors for which specific trials were not conducted.
 - G. Making recommendations to the F.R.C. and U.S.G.F. officers with regard to team preparation and travel related to competitions unless training camp which would be desirable.
 - H. Participate completely more reports of athletes and experiences of the U.S. Team's during the coaching service.
 - I. In the future, U.S.A. Team Coach will be selected every year from the following applicants:
 1. Coaches who applied the previous year and wish to be considered again
 2. New applicants
 3. The head coach from the previous year if he elects to resign
 4. After selection of the U.S.A. Coach for the coming year, the first table for the selection process in the subsequent years is as follows:
 1. All applications must be received by December 1.
 2. The interview process must be completed by December 15.
 3. The U.S.A. Team Coach must be announced by January 15 and would serve in that capacity until December 14 of that year.
- It was moved by Les Sawyer that the position of 1981 U.S.A. Team Coach be selected on all U.S.G.F. public as well as a photo description of responsibilities, term of service and procedure for application. Seconded by Bill Rootelmeier. Carried.
- The meeting adjourned at 10:00 P.M.
- The meeting reconvened at 9:15 A.M. Saturday, January 3.
- It was moved by Les Sawyer to have the U.S.G.F. officers meet directly and in person as possible for the three applicants for the position on the World Championship Coach with regard to the action taken by F.R.C. at this time. The applicants should be

assured that their application will automatically be considered for the position of 1981 U.S.A. Team Coach. Seconded by Don Gaudin. Carried.

Placing emphasis on the National Team under special circumstances

It was moved by Bill Rootelmeier that the F.R.C. be allowed to add emphasis to the National Team for the better of the ranking and special circumstances. Seconded by Don Gaudin. Carried.

It was moved by Fred Rootelmeier that an aid or many assistants as we need to the National Team have the rankings at the 1980 U.S.A. rankings of the U.S.A. Seconded by Les Sawyer. Carried.

It was moved by Les Sawyer that the National Program Director recommend specific persons to be added to the National Team for emphasis to the year's international competitions. Seconded by Bill Rootelmeier. Carried.

Note: Resolutions behind the recommendation to have a few persons remaining on the National Team who are available for special circumstances because of retirement injury on the M.C. & A. college seasons. Consideration will be given to the rankings of the 1980 Championships of the U.S.A. - the person generally of last rank is (some) national Team who are more college oriented, and the current members of all possible persons.

Has the 1981 Was World Championship

- A. Selection process for the final trials:
 1. Championships of U.S.A. will be sent out trial
 2. Competitors must score 171 points or more at a U.S.G.F. approved competition prior to qualify for the 1981 Championships of the U.S.A.
 3. M.C. & A. participants must achieve a 171 score; the remaining participants total 34 for the championships of the U.S.A. will be divided by points on the basis of rank order score at one of two U.S.G.F. regional events held at the same time and dates on the weekend of April 24-26.
 4. F.R.C. Competitors 30 will be used in the competition.
 5. The top 14 participants will be designated as the Senior National Team.
- B. It was moved by Bill Rootelmeier that the Senior National Team be determined by the 1981 Championships of the U.S.A. be advanced to the Final World Championship trials. This includes all competitors as well. Seconded by Ken Allen. Carried.
- C. The Final World Championship Trials will be held in October 19-27, 1981 at the University of California at Santa Barbara.
- D. The competitors will be judged by F.R.C. Competition 30 will be chosen by Allen (seconded by Sawyer). Carried.
- E. The 1981 World Championship Team will be composed of the top 14 persons based on the results of the compulsory and optional competitions (the top 14 persons would be placed for a non-competing member of the team). This is the top 14 persons positions will be broken up by the U.S.G.F. and moved to the final trials and complete the qualification for the second of the world level trials before the conclusion of May 1981 meeting (late on by Sawyer, moved by Rootelmeier. Carried).
- F. The 1981 U.S.A. Team Coach who will be coach for the 1981 World Championship will be announced no later than April 15, 1981.
- G. It is recommended that the M.C. & A. image trial judge before it considers the most capable judges to judge the competition with the concern in regional officials.

Negotiations between promoters of domestic events and coaches and athletes of the U.S.G.F. group on

There was much discussion about the problems of domestic promoters events and coaches and athletes of the U.S.G.F. group on

It is possible to conduct all events on the part of the athletes between domestic events (mostly sponsored) and international ones. There was also the proposal for preparing the senior states of the athletes. As a result of discussion the following was recommended to the U.S.G.F. officers: create athletes and coaches of the U.S.G.F. program including the Junior and Senior National Teams. The F.R.C. recommends

Guest on next page

MEN'S FOREIGN RELATIONS *cont. from pg. 35*

that the athletes of the U.S.G.F. program and their coaches do not negotiate with persons purporting to be agents, owners, or others. Further, the program cannot be reported for the U.S.G.F. office and arrangements and arrangements for such persons should be coordinated through the U.S.G.F. office and the U.S.G.F.

Olympic Trials in 1981 Scheduled by the U.S.G.F.

- A. State Invitational January 18-19, 1981 Los Angeles, California
B. American Cup March 30-31, 1981 Fort Worth, Texas

The top two persons from the ranking of the Olympic Trials and those coaches will be assigned to the American Cup. If there are not enough for some reason we will proceed down the ranking. The top two persons are Ben Carson and Ben Carson and Ben Carson are Ben Carson and Ben Carson.

- C. U.S.G.F. Qualifying Trials April 24-25, 1981 (date undetermined)

There will be two regional events conducted on the same dates and the same format. One will be in the East and the other will be in the West. The U.S.G.F. will pay for the judging expenses of local judges. The U.S.G.F. will pay for the judging expenses of local judges. The U.S.G.F. will pay for the judging expenses of local judges.

- D. Championships at the U.S.A. May 21-23, 1981 (date undetermined)
E. U.S.G.F. Championships will be held. There will be no trials and in this event, the top eight in each event will be selected and coached will advance to the individual trials where the scores will be compared. The top 14 persons will be designated in the 1981-82 Senior National Team.



Joe Whitford, Member's Association representative to the Foreign Relations Committee, photo by Rick Kasper

- F. National Sports Festival July 24-26, 1981 Syracuse, New York

There will be 24 persons competing in this event. Twelve persons will be the top twelve persons from the top of National Team. The remaining twelve will come from those among the members of the members of the Senior National Team and then the Junior High National Team of the same person. There will be four coaches. Two coaches will be chosen from among those undetermined by the Senior National Team coaching staff. The other two will be chosen from the U.S.G.F. team among the senior coaches of those athletes who choose to participate in National Sports Festival.

- G. World Trials for 1982 Championships on October 10-12, 1981 University of California at Santa Barbara when to make decisions for athletes

International Events

- A. New Zealand Invitational January 23-February 1, 1981
This will be the first major event. The National Program Director has already enhanced the Senior National Team members with only Ben Carson and Ben Carson. Ben Carson will be responsible for the two men's events. At least one of these athletes will be a junior and his coach will be given first priority as the coach of this group. It is a transferable event. Ben Carson will attempt to secure a coach from among the senior coaches.
B. East German Invitational April 10-12, 1981
Two persons will be selected from the rank order in the East trials beginning with the first and the top two. The coach of the highest ranked person will be given first priority to serve as coach of this group.
C. Championships at April 18-19, 1981 London, England
One person, probably one U.S.G.F. National A or B Champion, will be sent. That would be Ben Carson. Ben Carson would be Ben Carson. Ben Carson would be Ben Carson. Ben Carson would be Ben Carson.
D. British Gold Cup June 1-3, 1981, Holland
We will send the top two of Ben Carson from the 1981 Championships of the U.S.A. who are not involved in a training camp or other international

competition at the time

- E. Golden Sands Invitational June 5-7, 1981, Varna, Bulgaria
It was decided not to send any male athletes to this competition.
F. World University Games August 1981 Bucharest, Romania
Tabled until further details and forthcoming from the U.S.G.F.
G. Junior International Championships It was recommended that the U.S.G.F. explore the possibility of involving our junior members in a major international competition with a Pan American style as the top 100 male and female athletes. The first Pan American meeting will be in the U.S.G.F. office at 9:00 A.M. June 22, 1981 at the site of the U.S.A. Championships. It is anticipated that there will also be a meeting scheduled at 10:00 A.M. on June 23, 1981 which would include the new members of the 1981-82 Senior National Team and their coaches.
The meeting adjourned at 5:15 P.M.

Respectfully submitted,
Ben Allen, Secretary

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USGF CALENDAR & NOTES

U.S.G.F. 1981 Calendar of Domestic Events Date as of 11/23/80

January	9	All-American Journal International	New Orleans	(MAW)
	23-24	1st Day Camp Meet	Various Sites	(W)
	31	All American Classic	Chillicothe	(MAW)
February	6-7	2nd Day Camp Meet	Various Sites	(W)
	13-14	Cactus & Palms	Las Vegas, Nev	(W)
	20-21	1st All-American Classic	Chillicothe	(W)
March	13-14	Championship of the U.S.A.	Albany, N.Y.	(W)
	20-22	Eastern Cup	Fort Worth, Texas	(MAW)
	24	Midwest Cup	Jacksonville, Fla.	(MAW)
April	3-4	U.S.G.F. Finals Division B	Jackson, Ark.	(W)
	5-6	Glenn Elder Invitational		(W)
	18-19	A.L.A.W. Youth Division B	Salt Lake City, Utah	(W)
	24-25	U.S.G.F. Finals A	San Jose, Calif.	(W)
May	15-16	U.S.G.F. Class B Regional Meet		(W)
	15-16	Junior Eastern Sectionals	N. Lauderdale, Fla.	(W)
	15-16	Junior Western Sectionals	TBA	(W)
	24-25	Championship of the U.S.A.	TBA	(W)
		Senior Eastern Sectionals	TBA	(W)
		Senior Western Sectionals	TBA	(W)
June	11-13	U.S.G.F. Junior Division National Championship		(W)
	26-27	Junior National	Spring House, Pa.	(W)
July	24-25	National Sports Festival	Albany, N.Y.	(MAW)
August	28-29	3rd Day Camp	Various Sites	(W)
September	11-12	2nd All-American Classic	TBA	(W)
	24-25	U.S.G.F. Campers	Fort Worth, Texas	(W)
October	3-4	World Championship Trials	St. Collins, Colo.	(W)
	11-12	World Championship Trials	Santa Barbara, Calif.	(W)
	TBA	USA Junior Team Trials		(MAW)

A dual meet with a foreign country (year prior to the World Championships) November 23-24 may be added in early November.

Plans include daily scheduled gymnastics performances on the fair site in and around the U.S. Pavilion.

The festivities begin on May 1, 1982 as the Knoxville International Energy Exposition calls daily upon its patrons to view the creations from all parts of the world. By the time night falls on October 31, 1982, a total of 184 exciting days will have passed of entertainment and energy awareness for those attending the fair, as well as, for those around the globe, who will indirectly experience the fair's activities via satellite television technology. ■

IMPORTANT NOTICE

1 December 1980

TO: All Executives of the NADW/USGF

FROM: Norma French, Certification Coordinator

RE: Exam Score

If you wish to use as an expert 1980 rating to give your ability to take an examination of an equal or higher rating, the following rules apply:

If you tested before January 1, 1981: In order to have your 1980 scores carry over, you must take on your last 1981 test session, the compulsory events at the highest level you are eligible for and wish to attain in order to preserve your rights in that level.

If you already have tested at the highest compulsory level you are eligible for and wish to attain, your scores are automatically carried forward into the system.

You may at all times test downward after the highest level test is attempted.

If you wish to maintain at your current level you have that option. However, when you decide to test up to the next level in the next competition year you must take all three parts of the exam. ■



EVENT SCHEDULE
Friday, March 20, 1981
Men's Individual Events
8:00 P.M.
Saturday, March 21, 1981
Women's Individual Events
8:00 P.M.
Sunday, March 22, 1981
Men's and Women's All-Around Championships
7:30 p.m.
* Ticket Cost: \$10.00 and 4.00
* Purchase Tickets: TICS/37820V PH 017-265-8708
Admission, Texas.
* Telephone Orders: May be charged by phone
OVISA or MASTERCHARGE
PH 017-255-0708

Mr. Edgar Knipper, Master Director of the International Gymnastics Federation for the 1982 World's Fair

WASHINGTON, D.C. —

January 2, 1981 appointment of Edgar M. Knipper as Director of International Gymnastics Federation for the 1982 World's Fair has been announced by Charles E. Fuser, United States Commissioner General for the 1982 Knoxville International Energy Exposition.

Mr. Knipper is the President of the United States Gymnastics Federation and Executive Director of the United States Association of Independent Gymnastics Clubs. In addition to these responsibilities Mr. Knipper is an Executive Board member of the United States Olympic Committee, member of the National Governing Board, and delegate to the International Gymnastics Federation.

Mr. Knipper served as a gymnastics advisor at the 1968 New York Worlds Fair, EXPO '67 in Montreal, Canada, Helsinki '68 in San Antonio, Texas and 1974 EXPO in Spokane, Washington.

"The 1981 U.S.A. Men's Team Coach"

The length of service would be from the date of selection (year or before April 30) and December 31, 1981.

Main responsibilities would include serving as head coach at all USA team functions, during term of service team competitions, prior to including and following World Championships, training camps, exhibitions, etc.]

Additional responsibilities would include:

1. Choosing assistant coach with approval of FRC.
2. Overseeing on team and personal equipment selection and fitting.
3. Maintaining regular contact with the athletes in order to establish rapport and awareness of mental and physical well being.
4. Maintaining regular contact with the National Program Director (Max Watanabe).
5. Enforcing USGF rules and regulations with regard to conduct of team members.
6. Making recommendations to the FRC with regard to team selections for competitions, for which specific trials were not conducted.
7. Making recommendations to the FRC and USGF officials with regard to team preparation and travel relative to competitions and/or training camps which would be desirable.
8. Preparing comprehensive reports of activities and experiences of the US team during the coach's tenure.

In the future, a USA team coach will be selected each year from the following applicants:

1. Coaches who applied in the previous year and wish to be reconsidered again.
2. New applicants.
3. The fiscal coach from the previous year if he elects to reapply. The time table for the selection process is as follows:
1. All applications must be received by March 15th.
2. The reviewing process would be completed by April 15th.
3. The USA team coach would be announced by May 1st and would serve in that capacity until Dec. 31 of that year.

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